woman&home

Feel Good Food

SPRING 2011 £3.99

101 Delicious no-fuss recipes & ideas

Indulge!
Our gorgeous cheesecake
Guilt free and tastes divine

HEALTHY TWISTS
For chicken, pasta, barbies (and cakes too!)

A flatter tum in just 30 days
Your detox diet with snacks and treats built in

Jamie's new 'beans on toast'

+ **GUEST CHEFS**
James Martin
Lorraine Pascale
Simon Hopkinson
Valentine Warner
Anjum Anand
Bill Granger

Light & fabulous

Eat well, feel great, every day

+ EASY RECIPES FROM FAST MIDWEEK TO RELAXED WEEKEND
+ HIT YOUR 5 A DAY + GET MORE ENERGY + CUT CALS

02
9 771753 773039

"COOKING ROAST BEEF JUST HOW I LIKE IT USED TO BE A BIT OF A CHALLENGE."

LOOK OUT...
for our symbols, which will give you useful information at a glance:

+ GREAT FOR VEGGIES

Recipes that are suitable for vegetarians

PLUS recipes that are:

- **EASY**
- **PREPARE AHEAD**
- **FREEZABLE**

Nutritional know-how and health benefits of ingredients FEEL GOOD+

Practical stuff

- **We use measuring spoons and all quantities are level.**
- **All eggs are free-range.**
- **Use metric or imperial weights and measures; don't mix the two.**
- **We don't specify salt and pepper in our ingredients' list, but we always tell you to season food. The use, or not, of salt is up to you.**
- **Each recipe is nutritionally analysed. The Recommended Daily Amount (RDA) is 2,000 calories for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).**
- **Ovens vary in temperature, so you may want to invest in an oven thermometer.**
- **The size of a cake is measured on the diameter on the base of the tin.**
- **Cakes are better if you bake them on non-fan.**
- **We always use humanely reared meat, poultry and game in our recipes.**

Hello

Spring is finally here, thank goodness! Warmer days bring more wonderful produce and simpler ways to cook. Let's dust off the barbie and plan great weekends with friends and family. Isn't it so much easier to dig into big bowls of healthy salads and vegetables at this time of year? So, in answer to that, we've inspiration for every occasion, from a new idea for midweek meals to get you out of that recipe rut, to show-stopping entertaining ideas and desserts, all with our signature Feel Good twist. We cut out cals and fat where we can, but we never compromise on flavour. And, talking of flavour, we've got the chefs back! Jamie's new-age beans on toast are a revelation, and James Martin's chocolate dessert – well, I leave it to you to try and resist. I'm sure we'll inspire you to try something new, so why not subscribe on page 108 and be inspired four times a year? And you can now chat to us on Facebook, too!

Happy cooking –

here's to sunny days!

Jane

Jane Curran,
Food Editor, woman&home

EDITORIAL DIRECTOR Sue James
EDITOR Jane Curran
ASSOCIATE EDITOR Carrie Taylor
FOOD ASSISTANT Rebecca Smith
ART EDITOR Karen Smith
CHIEF SUB-EDITOR Ciara Rickard
PICTURE EDITOR Sharon Mears

PUBLISHING DIRECTOR Linda Swidenbank
PUBLISHER Kate Mowatt
MARKETING MANAGER Katherine Campion
ADVERTISING DIRECTOR Lisa Frost
ADVERTISING MANAGER Nicola Morey
SENIOR SALES EXECUTIVE Deborah Paul

CLICK ONLINE

For your daily fix of midweek recipes, how-to advice and special weekend menus, log on to womanandhome.com today.

In this issue...

SPECIAL WEEKENDS

DIVINE DESSERTS

AND THE REST

On the cover!

✢ **Make the delicious Lemon ricotta cheesecake that's on the cover and you're sure to be flavour of the month at home or with your guests. And it's not as naughty as it looks – using ricotta in place of full-fat cream cheese helps to keep the calories down, plus the raspberries give you an extra vitamin boost.**

on page 122

Cover photograph Myles New
Recipe and styling Jane Curran
Prop styling Sue Rowlands
All other photos IPC Images, unless otherwise stated

Go online

Log on to our website **www.womanandhome.com** for even more fabulous recipes and ideas

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

Meet our professionals…

Valentine Warner

Brought up on a farm in Dorset, Valentine Warner's recipes reflect and celebrate the bounty of the season.

After a brief foray into an art foundation course and the idea of being a portrait painter, it was only at the age of 23 that Valentine decided to exchange painting for cooking and become a chef. He ended up working in various London kitchens, including Alastair Little's, and under Fergus Henderson at St John, before setting up his own catering company, cooking private dinners for clients such as Yves Saint Laurent and Gucci. After selling his business, he spent a year in Mexico and Central America, where he fell in love with Mexican food, which inspired him to co-launch Taqueria, a Mexican restaurant in London. His TV series *What To Eat Now* followed, along with his seasonally inspiring books *What To Eat Now Spring & Summer* and *What To Eat Now Autumn & Winter*.

Anjum Anand

Although Anjum grew up in London, she says that when she would arrive home, the gorgeous spicy smells emanating from her mother's kitchen made her feel as if she were "entering a little Indian colony".

After gaining a business degree, Anjum decided to develop her interest in Indian food. Her aim was to make it fresher, lighter and simpler to cook, and have it reflect the well-balanced meals of her childhood rather than the western interpretation of Indian dishes. Having worked in restaurants in New York, Los Angeles and New Delhi, Anjum's real passion is stylish food that is easy enough to cook at home. What followed was her first cookery book, *Indian Every Day*, with recipes that cater for the health conscious. A popular TV chef, her latest book – *I ❤ Curry* – has recipes for all her favourite curries, and also offers great advice on using Indian ingredients.

Simon Hopkinson

Simon Hopkinson has the distinction of being both an accomplished chef and writer, having had a much-lauded column in *The Independent* as well as an award-winning cookery book.

Simon grew up in Lancashire, where his love of good eating was established at the kitchen table. He left school at 17 to work in the kitchen of Yves Champeau, where French regional cooking made a huge impression on him, before setting up his own restaurant when he was just 21. In 1978 he won an Egon Ronay star – the youngest chef to do so – and when Terence Conran launched Bibendum in 1987, Simon was chef and co-owner. He remained there until 1995, when he retired to concentrate on his writing – with his food column in *The Independent* winning the Glenfiddich Award for Cookery Writing three times. His latest book, *The Vegetarian Option*, is filled with original recipes that have vegetables in the starring role.

Lorraine Pascale

While still a successful model, Lorraine continued to search for something she would enjoy doing post-modelling and, after enrolling at Leiths, she knew food was her future.

At the age of 16, Lorraine was spotted by a model scout while out shopping, after which she was whisked off to New York, where she modelled for, among others, Chanel, Versace and Karl Lagerfield, and became the first British black model to appear on the cover of American *Elle*. Wanting to find something she felt really passionate about, she enrolled in a course at Leiths, followed by a foundation degree in International Culinary Arts in Pastry. She then worked at Pétrus, the Mandarin Oriental and The Wolseley, before starting her own business making celebration cakes. Her BBC Two TV series *Baking Made Easy* was a big hit – so too was her bestselling book of the same name, which includes both savoury and sweet baked dishes.

James Martin

James Martin presents BBC One's *Saturday Kitchen*, and has also appeared in shows such as *The Great British Village Show* and *Strictly Come Dancing*.

James's cooking career began at a young age, when his father ran the catering at Castle Howard in Yorkshire. After spending time in France and aged just 21, James became head chef of the bistro at the first Hotel du Vin in Winchester, where the waiting list for a table stretched into months. Now he has fingers in many pies, including consultancy work, his own kitchen company, a line of electrical kitchen equipment with Wahl, and a range of cookware for Denby. He's also the name behind a couple of cruiseliner restaurants. James has written numerous cookbooks, including *Great British Dinners*, *My Kitchen* and *Desserts*. His latest book is *Masterclass: Make Your Home Cooking Easier* (Collins, £20).

Jamie Oliver

Jamie Oliver was "discovered" while he was working for Rose Gray and Ruth Rogers at London's popular River Café.

From his early days as *The Naked Chef*, Jamie's rise has been nothing short of meteoric. He's now a national icon, revered for his school dinners campaign – bullying the Government into changing the way our kids eat – and encouraging us all to eat more healthily. He has gained admiration for his Fifteen restaurants, where he hires underprivileged youngsters and turns a fair chunk of them into chefs. Later, he launched the restaurant chain Jamie's Italian. His latest book is *Jamie's 30-Minute Meals*, where he proves that by mastering a few tricks and being organised, it is possible to get a complete meal on the table in the same amount of time you'd spend making one dish. Jamie is married to Jools and they have four children.

✢ CHEF IN FOCUS ✢

Bill Granger

Bill Granger has always loved food. One of Australia's leading food writers and restaurateurs, he has a simple approach to cooking.

Born in Melbourne, Bill is a self-taught cook who gained his knowledge from eating, reading and experiencing food. He moved to Sydney when he was 19 and by 22 had opened his first restaurant, called bills. On the back of its success, he opened a second three years later and now has three Sydney restaurants, all favourite destinations with locals and tourists alike. Currently living in London with his wife and their three daughters, plans are under way to open a restaurant in London. His cookbooks have all been bestsellers, and his latest, *Bill's Basics*, brings together 100 of his favourite recipes, but with a modern twist that brings them right up to date.

FEEL GOOD Q&A

FAVOURITE FEEL GOOD DISH?

Definitely a big platter of antipasto – cold meats, olives, cheese and salad. Absolutely my favourite.

MOST-LOVED FEEL GOOD PLACE?

It would have to be Byron Bay (New South Wales), where we got married! Otherwise, anywhere with a beach.

BEST FEEL GOOD INGREDIENT?

Gorgeous, expensive olive oil for drizzling over everything. Luxurious but simple.

ESSENTIAL FEEL GOOD KITCHEN KIT?

Apart from a great knife, lots of little bowls, dishes, platters – nice things for serving up in to make the table look great.

AND YOUR FEEL GOOD FRIENDS FOR SUPPER?

My family. As long as the kids are happy, I'm happy! So I'd let them invite their friends over so they'd have a great time and so would the adults!

What's in season?

From mid-April, the soil begins to warm up, the days lengthen and, finally, our British produce slowly begins to come into its own. Here's what you should be looking for from now until early June

FRUIT & VEGETABLES

As always, vary the fruit and veg in your diet to gain maximum antioxidant benefit, and eat a rainbow of colours to help you stick to your five-a-day.

+ APPLES
The apples you find at this time of year will have been in cold store since harvest but can keep you going until the arrival of the first English apple, usually Discovery, in late July or early August. They're a good source of vitamin C.

+ ASPARAGUS
The British season is short, so make the most of it. Asparagus is best steamed or lightly poached – don't overcook – and goes well with butter, lemon or Parmesan. It's a rich source of folate, beta-carotene and vitamins C and E.

+ CARROTS
You'll now see the first of the new season's carrots, which are much sweeter than their winter counterparts. Carrots have a natural affinity with orange and parsley, and they're packed with beta-carotene.

+ CAULIFLOWER
In season all year round. Of course, it is magical with a cheesy sauce, but it's also a great addition to a curry, or steamed and dressed with a grainy-mustard vinaigrette. It's as nutritious as broccoli, and its mild flavour makes it a good companion with stronger flavours.

+ CHARD
The smaller chards are now appearing in farmers' markets and good supermarkets. A stunningly pretty vegetable, steam or just plunge it into boiling water, then drain. Chard works well with anchovies and lemon. It's a good source of folate, iron and beta-carotene.

{ The sweetness of beetroot works well with salty foods such as feta }

+ BEETROOT
One of our newest superfoods, beetroot has found its way back into fashion. Its sweetness works with salty foods such as feta, and it doesn't really need any oil – just a splash of your best sherry or red wine vinegar. Beetroot is a rich source of potassium and antioxidants.

+ BROAD BEANS
They're at their best when picked small, so it's worth having a go at growing your own in a pot. When small, they don't need podding and make a delicious paste with garlic and olive oil to spread on bread. They're a good source of protein and fibre.

+ WATERCRESS
Grown in running spring water, our native watercress has more uses than just salad. Wilt it down in pasta, risotto or new potatoes. Its pepperiness is great in a salad and delicious in a sandwich. It's a rich source of vitamin C.

+ CUCUMBER
For salads, it's always worth deseeding a cucumber to prevent a watery salad. Cucumbers are mostly water, which makes them a natural diuretic. They're delicious with dill or chervil.

+ GOOSEBERRIES
The season for our native gooseberries is short, but luckily they freeze well. Wonderful in crumbles and fools, they pair up well with elderflower, so add a little cordial to the cream for your fool.

+ JERSEY ROYAL POTATOES
The king of the spud world, their season is short, so make the most of them. Just wash – they don't need scrubbing, and the light, papery skins give added fibre – then steam. Serve with a little butter and a sprinkling of sea salt.

Meat and dairy

+ CHEESE AND CREAM If you shop at farmers' markets, you'll notice the change in flavour of dairy produce in late spring and early summer. Animals come off their winter diet and graze outdoors on the summer grass – so a fresh goats' cheese will be more aromatic, and cream and butter will be more fragrant and richer.

+ LAMB The warmer months bring lamb to its best. In very early spring, it's expensive and quite delicate in flavour. As the season progresses, the lambs grow and their flavour becomes a little more intense. Lamb marries well with spices and stronger flavours, which counteract the rich meat. It also loves rosemary, lemon and oregano.

WORDS JANE CURRAN

+ NEW SEASON'S GARLIC

This mild, sweet garlic is perfect rubbed around a salad bowl or on a piece of toasted rustic bread. It is the young garlic that can be lightly poached, then scooped out and served whole or mashed. It has antiviral properties, too.

+ PEAS

Nothing beats the joy of podding fresh peas. As long as they're picked and packed quickly, they're a good source of vitamin C. The added bonus is also buying pea shoots, the tops of the plant, which make a delicious salad.

+ PURPLE-SPROUTING BROCCOLI

This just needs a light steaming and a drizzle of olive oil or butter. Broccoli also has an affinity with anchovies, which you could serve alongside, or mash and add to the olive oil. It's rich in vitamin C, iron, beta-carotene, folate and potassium.

+ RADISH

It's hard to beat a crunchy fresh radish, delicious eaten as a snack with a sprinkling of sea salt or as a peppery addition to a salad. It partners well with fresh goats' cheese or feta and is a good source of vitamin C.

+ KALE

Kale has become more mainstream, especially now you can find baby kale, which is less bitter than the big leaves. High in antioxidants, vitamin C, folate, iron and calcium, it just needs a light steam, seasoning and olive oil or butter.

+ MANGOES

Obviously not native to the UK, mangoes do merit a mention, as from early May to June you will find here the king of mangoes, the Alphonso. Small, fragrant and sweet, they're sold by the box at Indian grocers. Eat on their own with a squeeze of lime, or make them into the most delicious sorbet ever. They're a rich source of beta-carotene and vitamin C.

{ The new season's garlic is perfect rubbed on toasted rustic bread }

+ SPINACH

Once washed, spinach just needs a light steaming or microwaving. It benefits from plenty of seasoning and flavours such as lemon or garlic, and is high in antioxidants. Good wilted into rice or pasta, as a side dish or raw in a salad.

+ RHUBARB

Rhubarb is delicious lightly cooked for crumbles and fools, or lightly roasted in the oven and covered with stem-ginger syrup, fresh orange juice and sugar. It's a good source of potassium.

+ ROCKET

This is another salad leaf worth growing in a pot, as it's so simple to grow. It's great in salads for its peppery flavour but also stirred into pasta or risotto. You can whizz it up to make a sort of pesto, too.

+ STRAWBERRIES

Come May, the first English strawberries appear. A good source of vitamin C, they need no more than a little sugar. Always serve them at room temperature to bring out their flavour and aromatic scent.

From the sea

+ OYSTERS April is the last month to eat our native oysters until September. Keep them wrapped in a damp tea towel in the fridge – never in water – with the curved side down, and eat as soon as possible. Oysters are rich in zinc and protein.

+ MUSSELS Another rich source of zinc, mussels are also at their best in the colder months, though you can find excellent rope-grown mussels from Scotland in the summer. Store as for oysters. Lightly steam in a little white wine with garlic and shallots. Discard any broken ones and, once cooked, any that are unopened.

+ CLAMS Our summer shellfish, they're the classic component of spaghetti alle vongole. Store as for oysters. Gently steam open in white wine; they're also delicious with dry sherry. Another good source of zinc.

+ CRAB Our native crabs come into their own in summer. Versatile crab is delicious in a watercress salad or on brown bread. All shellfish are low in saturated fat and are a good source of protein and vital minerals.

+ LEMON AND DOVER SOLE Summer brings with it the flat-fish season and native sole. Just grill them whole and add lemon juice and butter. Low in fat (without the butter!) and high in protein.

+ MACKEREL These are the best of the summer fish. A fresh mackerel, like all fish, should be stiff and non-smelling with bright eyes. It's traditionally served with gooseberry sauce as they share the season, but it can cope with stronger flavours such as cumin, coriander and paprika.

Watercress soup

Orange and watercress salad

4 Feel good ideas

In season – watercress

This affordable superfood is at its best now and can be used in so many ways

Mango and bacon salad with watercress

Watercress, anchovy and caper sauce

Watercress soup

A great homemade soup, this doesn't require a lot of preparation. It's a speedy dish for lunchboxes, too, along with some crusty wholemeal bread.

PREPARATION TIME: 5 TO 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 8
EASY/PREPARE AHEAD

1tbsp oil
1 medium onion, chopped
250g (9oz) potatoes, peeled and chopped
850ml (1½pt) vegetable stock
200g (7oz) watercress
½tsp grated fresh nutmeg
half-fat crème fraîche and snipped chives, to serve

Heat the oil in a large pan, then gently cook the onion for 5 minutes. Add the potatoes and stock, bring to the boil, then simmer for 10 minutes. Add the watercress, stirring until wilted. Whizz in a blender, return to the pan and add the nutmeg. Season with salt and freshly ground black pepper. Serve topped with a dollop of crème fraîche and chives.
Per serving: 69 calories, 2g fat (0.5g saturated), 6.5g carbohydrate

+ TRY THIS
This is a great soup to serve chilled on a hot day. Just add ice cubes and some chopped avocado.

Orange and watercress salad

With just three ingredients, this is super simple to make – and sometimes the simplest salads are the best.

PREPARATION TIME: 10 MINUTES
SERVES 4
EASY

2 bunches of watercress, washed and spun dry
4 oranges
1tbsp olive oil

Trim the stalks from the watercress and set aside. Segment the orange by cutting off each end, then cut off the peel with a serrated knife. Cut out each segment from its skin while holding the orange in your hand. Squeeze juice (about 1tbsp) from one of the oranges into a bowl. Add the oil to the juice, season and whisk well. Add the orange segments to the watercress and toss well with the dressing.
Per serving: 91 calories, 3.5g fat (0.5g saturated), 13g carbohydrate

+ TRY THIS
If you want to add some protein, almonds go really well in this salad. Gently toast a handful of flaked almonds in a dry frying pan and sprinkle some on top.

FEEL GOOD+

FRESH FOOD SHOPPING

It's not just your carbon footprint that will benefit from shopping at your local farmers' market – you'll be much more in touch with which foods are in season and find produce is then cheaper. You'll also be supporting local producers. To find a certified farmers' market near you, go to farmersmarkets.net.

Mango and bacon salad with watercress

The sweet and savoury flavours go so well together and give a new twist to salad.

PREPARATION TIME: 10 MINUTES
SERVES 4
EASY

1 small red onion, thinly sliced
1 head of chicory, thinly sliced
1 large, ripe mango, thinly sliced
40g pack crispy smoked ready-to-eat bacon, broken into pieces
12 fresh mint leaves, finely chopped
100g (4oz) watercress
for the dressing:
4tbsp olive oil
1½tbsp white wine or cider vinegar
good pinch of caster sugar

To make the dressing, whisk the oil, vinegar and sugar in a large bowl. Add the onion, chicory, mango, bacon and mint to the bowl, and toss together. Make a bed of watercress on 4 plates and top each with a helping of the salad.
Per serving: 162 calories, 12g fat (2g saturated), 10g carbohydrate

Watercress, anchovy and caper sauce

This is a lovely way to add watercress to a meal – delicious with roast lamb, salmon or cold roast beef.

PREPARATION TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD

4 anchovies
1tbsp capers
100g (4oz) watercress
250g pot half-fat crème fraîche
juice 1 lemon

Put the anchovies, capers and watercress into a jug and whizz with a hand-held blender until finely chopped (or use the small bowl of a food processor). Add the crème fraîche and whizz again until smooth. Check the seasoning, and add the lemon juice and some freshly ground black pepper to taste.
Per serving: 113 calories, 10g fat (6.5g saturated), 3g carbohydrate

+ TRY THIS
Make this vegetarian by replacing the anchovies with shallots; just gently fry 2 shallots before whizzing them into the sauce.

EAT SMART
✢ Grow your own

Feel Good Food's editor, Jane Curran, explains how to get a little home-grown into your life, with great results for just a little bit of effort

There's something special about serving up something you've grown yourself. And for those of us who don't have allotments, there are clever ways to grow herbs and vegetables.

Of course, most of them need sunshine to grow, so pick your sunnier spots when planning. Take other things into consideration, too. My garden's home to squirrels, foxes and pigeons, so soft fruits are a no-go without netting, and I've given up on tomatoes, which seem to be a big favourite. But, frankly, when home-grown tomatoes are at their best, the farmers' market is full of them.

WHY GROW YOUR OWN?

With herbs, you win on all fronts – flavour, cost and the convenience of just popping out to add some to your roast. So herbs are the best place to start. There's also nothing better than a freshly dug spud, or some beans picked and served raw or steamed.

HERBS ✢ which ones and how

✢ **Basil** I buy Franchi seeds from Crocus (see below) and, when it's warming up, I scatter them over a compost-filled pot, add a little more compost, water, and leave it in a warm spot. In a few weeks, they're ready to be picked – perfect with ripe tomatoes, a little salt and olive oil.

✢ **Parsley** and **mint** Pop these in a shady spot in pots. I like to have a variety of mint: Moroccan, peppermint and common mint. It's a perennial, so cut it down at the end of the growing season (usually around October) and it'll come back in early spring. I buy both as plants as they grow so quickly.

✢ **Rosemary** likes sun, **sage** a little more shade. Buy as plants. Sage is perfect with roasted squash. Rosemary is great in barbecue marinades and delicious with lamb.

✢ **Bay** I have a few bay plants because they are so attractive and provide structure all year round. An essential evergreen, it adds flavour when tucked into a roast chicken.

✢ **Coriander** I use huge amounts of this in Middle Eastern salads and Asian cooking, but it can be tricky to grow – too dry in the spring and it bolts; too cool a summer and the leaves don't develop. Be sure to keep it moist in spring, then move to a warm spot.

✢ **Chervil** A cheffy herb that's worth growing for its delicate flavour – lovely in salads and egg dishes. Buy the seed and plant as for basil, although it likes partial shade.

✢
Smart idea
If your green fingers let you down, buy fresh herbs from farmers' markets and store in plastic bags in the fridge

WORTH ✢ growing

IF YOU HAVE TIME AND INCLINATION

✢ **Beans** and **peas** in pots trained up a wigwam of bamboo – then you can also eat the pea shoots in a salad.

✢ **New potatoes**, such as **Pink Fir Apple** or **Charlotte**, in a potato bin. Buy as seed potatoes, then chit, which means to leave in a sunny spot in the house until they start to grow a few green shoots.

✢ A couple of **courgette plants**, one per large pot, in plenty of good compost. They are also easy to grow from seed, and you only need a couple of them.

WHERE TO BUY

Veg seeds and plants

✢ **Garden centres; homebase.co.uk stocks the new Jamie Oliver range; crocus.co.uk has a wonderful collection; and this year, suttons.co.uk is selling grafted plants, which can be harvested up to two months earlier.**

CLICK ONLINE

For great recipe ideas for herbs and vegetables, visit womanandhome.com.

A GREAT PROPONENT OF HOME-GROWN AND IN-SEASON FOODS, JAMIE OLIVER DOESN'T JUST TALK THE TALK, HE WALKS THE WALK. VIEWERS HAD A CHANCE TO GLIMPSE THE CHEF'S OWN GARDEN ON HIS CHANNEL 4 SHOW *JAMIE AT HOME*, AND THE RECIPES IN HIS BOOK OF THE SAME NAME WERE INSPIRED BY IT. BEAUTIFUL TO LOOK AT AND BEAUTIFUL TO EAT, THIS IS A VERSION OF BEANS ON TOAST YOU'LL BE HAPPY TO SERVE TO GUESTS. ALL THE PEAS AND BEANS MEAN IT'S RICH IN NUTRIENTS AND ANTIOXIDANTS, TOO.

JAMIE OLIVER'S

Incredible smashed peas and broad beans on toast

England is famous for its mushy peas, so to celebrate this great little vegetable I've decided to do my own take on the whole mushy pea thing. This is the kind of food I love to cook and eat outdoors, especially when the sun's out. All my friends who have tasted this have absolutely loved it – so I know you will too.

Don't use frozen peas and broad beans for this because it sort of misses the point. Made with raw peas and sweet fresh broad beans, the whole thing will taste alive and just like summer. Think mown lawns and warm sunny evenings! Get them early enough in the season and they'll be even sweeter. Farmers' markets and good supermarkets are beginning to sell pea shoots – use them in the same way as salad leaves. They're great.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 5 MINUTES
SERVES 4
EASY/PREPARE AHEAD

500g peas in the pods (about 150g shelled weight)
700g broad beans in their pods (about 250g shelled weight)
a small bunch of fresh mint, leaves picked
sea salt and freshly ground black pepper
extra virgin olive oil
50g finely grated fresh pecorino cheese, plus extra for serving
juice of 1 lemon
4 slices of sourdough bread
1 clove of garlic, unpeeled, cut in half
2 large balls of buffalo mozzarella cheese, torn in half
a handful of pea shoots

1 Pod the peas and broad beans, keeping them separate. Put any really small ones to one side to use in the salad.

2 This next bit is best done in a pestle and mortar, in batches if necessary. (You can pulse it in a food processor instead, but you won't end up with the lovely bashed and bruised flavour that makes this dish incredible.) Bash up half the mint leaves with the peas and a pinch of salt. Add the broad beans a few at a time and crush to a thick green paste.

3 Mash in a few tablespoons of extra virgin olive oil to make the paste really gorgeous and spreadable. Stir in the pecorino. If the mixture is a bit stiff, add a little more oil to loosen it. Add about three-quarters of the lemon juice – this will bring the whole story together. Have a taste and see what you think. You want the richness of the pecorino and the oil to balance nicely with the freshness of the peas, beans and mint. Season with more salt and some pepper if you need to.

4 Toast the bread on both sides, either on a barbecue or in a hot griddle pan. Rub each slice twice only (very important) with the cut side of the garlic and top with some smashed peas and half a ball of mozzarella.

5 Dress the pea shoots, the remaining mint leaves and the reserved small peas and beans with the rest of the lemon juice, olive oil, salt and pepper and scatter this salad over the crostini. Finish with a little more olive oil and a grating of pecorino. Very delicious!

PS Just to get you thinking, this paste tossed with tagliatelle... oooh! Dolloped over a piece of grilled white fish... double oooh!

JAMIE AT HOME: COOK YOUR WAY TO THE GOOD LIFE (MICHAEL JOSEPH, £25)
Inspired by Jamie's own love of gardening, this book contains over 100 tasty and quick recipes, which are broken down by ingredient and season. There are even a few simple gardening tips, in case you want to try growing your own food. As Jamie says, "This book is very close to my heart. It's about no-nonsense, simple cooking with great flavours all year round."

PHOTOGRAPHS © DAVID LOFTUS RECIPES © JAMIE OLIVER WWW.JAMIEOLIVER.COM

Made with raw peas and sweet fresh broad beans, the whole thing will taste alive and just like summer

Jamie Oliver's Incredible smashed peas and broad beans on toast

100cm Stainless Steel "Opera" Cooker
Self Cleaning Pyrolitic Main Oven
Multifunction and Conventional Ovens
6 Burner Gas Hob
Heavy Duty Cast Iron Pan Stands
LED electronic Clock / Programmer
Energy Rating AA

OPERA A2PY-6

smeg
technology with style

SMEG UK LTD.

3 Milton Park, Abingdon
Oxon OX14 4RN
Info Line 0844 5579907
www.smeguk.com
customerservice@smeguk.com

Midweek easy

+ It's time to throw the five-day repertoire out the window and introduce some new meals to your weekday cooking

+ Just because you don't have a lot of time doesn't mean you can't cook something special

+ From comforting pastas and hearty salads to healthy seafood, there's something to please everyone

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

Just 5 ingredients, ready in 20 mins

Fusilli with pesto, peas and rocket

+ GREAT FOR VEGGIES

Spaghetti with rocket pesto

Rocket aids digestion, and is also high in sulphur – great for hair, skin and nails.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4 TO 6
EASY/PREPARE AHEAD

100-125g (4-4½oz) rocket
50g (2oz) pine nuts, lightly toasted
8tbsp olive oil
1-2 garlic cloves, peeled and crushed
50g (2oz) pecorino cheese, finely grated (or vegetarian equivalent)
1tbsp lemon juice
500g (1lb 2oz) spaghetti
shavings of pecorino cheese, to serve

1 Place the rocket leaves and pine nuts in the bowl of a food processor or in a blender, along with the olive oil, garlic, pecorino and lemon juice. Purée until the mixture is almost smooth but still has some texture. Season to taste with salt and freshly ground black pepper.
2 Cook the pasta according to the pack instructions, then drain it thoroughly. Add the pesto to the pasta, according to taste, and stir well to coat in the sauce.
3 Spoon the pasta on to serving plates, scatter some shavings of pecorino over and serve immediately.
Per serving: 779-519 calories, 37-25g fat (7-4.5g saturated), 96-64g carbohydrate

+ GET AHEAD
You can make the rocket pesto up to 2 days before you need to use it and keep it in the fridge. Just pour a layer of oil over the top to keep it from spoiling and cover with clingfilm.

+ RECIPE KNOW-HOW
Toasting pine nuts is super easy. Place what you need in a dry, non-stick pan over a medium heat. Shake the pan every 30 seconds, and when they're lightly browned, remove to a plate (so they don't continue to brown) and leave them to cool.

+ GREAT FOR VEGGIES

Fusilli with pesto, peas and rocket

The humble pea is loaded with vitamins – a must-have for your freezer.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4
EASY

400g (14oz) fusilli pasta
200g (7oz) frozen peas
3tbsp fresh pesto
75g (3oz) rocket
Parmesan, to serve

1 Cook the pasta according to the pack instructions. Meanwhile, boil the kettle and place the peas in a bowl. Cover them with the boiling water, leave to defrost for a couple of minutes, then drain.
2 When the pasta is cooked, drain and mix with the pesto, peas and rocket, stirring until the rocket has wilted slightly in the heat. Serve with a good sprinkling of freshly grated Parmesan and a drizzle of olive oil.
Per serving: 449 calories, 8g fat (0.5g saturated), 83g carbohydrate

Get ahead
Pesto freezes well, so why not make a big batch and keep some in the freezer? Handy for quick midweek suppers

Peppery rocket pesto makes a delicious change from the traditional basil version

Spaghetti with rocket pesto

Using lemongrass sticks as skewers imparts even more flavour to the chicken, giving a fresh twist to a family favourite

Lemongrass chicken skewers with squash salad

Lemongrass chicken skewers with squash salad

Lemongrass is thought to help fight colds and flu, as well as ease nausea.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 30 MINUTES
SERVES 4
EASY/PREPARE AHEAD

2.5cm (1in) piece fresh ginger, peeled and chopped
2 red chillies, deseeded and chopped
5 long sticks lemongrass, 1 finely chopped, the rest reserved for skewers
2½tbsp sunflower oil
zest and juice 1 lime
3 skinless chicken breasts, cubed
1 butternut squash, about 1kg (2lb 4oz), peeled, deseeded and cubed
2tsp Chinese 5-spice powder
50g (2oz) wild rocket
extra limes, to serve

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the ginger, half the chilli, chopped lemongrass, 1tbsp of the oil, and lime zest and juice into a mini-chopper or food processor and blend until smooth.
2 Thread 5 pieces of chicken on to each lemongrass stalk and place them in a dish. Spoon the paste over so it's all well coated. Cover and marinate for at least 2 hours.
3 Put the squash in a roasting tray and sprinkle with the 5-spice powder and remaining chilli. Drizzle with the rest of the oil and toss together. Season with salt. Cook in the oven for 25 to 30 minutes.
4 Place the chicken on a lightly oiled baking sheet and bake for 20 to 25 minutes, turning halfway through. When the squash is cooked, toss with the rocket and serve with the chicken skewers, plus lime wedges for squeezing.
Per serving: 254 calories, 8g fat (1g saturated), 17g carbohydrate

+ RECIPE KNOW-HOW

It's always worth opting for free-range, organic chicken. It costs a little more, but it does mean the chickens were raised in humane conditions, and this is reflected in the flavour, too.

READY IN 20 mins

Warm halloumi salad

+ GREAT FOR VEGGIES

Warm halloumi salad

As cheeses go, halloumi is relatively low in fat, and it's a good source of calcium.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
SERVES 6
EASY

2tbsp olive oil
250g (9oz) cherry tomatoes, halved
2 x 400g cans chickpeas, drained and rinsed
200g (7oz) green beans, steamed
100g (4oz) black olives
juice 1 lemon
500g (1lb 2oz) halloumi cheese, sliced quite thickly
handful basil leaves, torn

1 Heat a frying pan and add the olive oil. Add the cherry tomatoes, season with sea salt and freshly ground black pepper, and fry gently for 2 minutes. Add the chickpeas, and cook for another 5 minutes, before adding the beans, olives and lemon juice.
2 Just before you're ready to serve, heat another frying pan and add a splash of oil. When the pan is very hot, add the halloumi slices and fry for a minute or so on each side. You may have to do this in batches. Meanwhile, divide the warm chickpea and tomato mix between 6 plates and sprinkle with the basil. When the halloumi is soft and golden brown on both sides, place on top of the salads. Serve immediately.
Per serving: 462 calories, 34g fat (16g saturated), 24g carbohydrate

Sticky salmon with coriander seeds and honey

Vietnamese squid and prawn salad with herbs

Capsaicin, which is found in red chillies, increases metabolism, aiding weight loss.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 5 MINUTES
SERVES 4
EASY/PREPARE AHEAD

for the dressing:

2 small red chillies, deseeded and finely chopped
2 garlic cloves, peeled and finely chopped
2.5cm (1in) piece ginger, peeled and finely chopped
1 stick lemongrass, outer leaves removed and finely chopped
3tbsp Thai fish sauce
juice 2 limes
1tsp light brown soft sugar

for the salad:

2 medium squid, cleaned and opened
200ml (7fl oz) groundnut oil
200g (7oz) cooked, peeled prawns
3 shallots, peeled, halved and thinly sliced
½ Chinese cabbage, finely shredded
2 carrots, peeled and cut into fine strips
4 spring onions, finely sliced
½ cucumber, peeled, deseeded and cut into fine shreds
1tbsp mint leaves, roughly chopped
1tbsp coriander leaves, roughly chopped
50g (2oz) natural roasted peanuts, roughly chopped

1 Place all the ingredients for the dressing in a bowl and mix well.
2 Score the squid on the inside of the sac. Brush with a little oil, then season with plenty of salt and pepper, and fry in a hot pan, scored side down, for 30 seconds. Turn over, then remove as soon as it curls up. Slice the squid into strips and place it, with the prawns, in the dressing to marinate.
3 Heat the oil in a small pan and, when very hot, add the shallots and cook until brown and crisp. Remove with a slotted spoon and drain on kitchen paper.
4 To serve, place the cabbage, carrots, spring onions and cucumber in a large bowl along with the squid, prawns, dressing and herbs. Divide between 4 plates. Scatter the crispy shallots and peanuts over the top.
Per serving: 522 calories, 42g fat (8g saturated), 13g carbohydrate

Sticky salmon with coriander seeds and honey

As well as adding flavour, coriander seeds help to stimulate the digestive system.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
SERVES 4
EASY

2tsp coriander seeds
2tbsp soy sauce, plus extra for the rice
2tbsp honey
zest and juice 2 lemons, zest cut into long strips
4 salmon fillets
2tbsp sesame oil
200g (7oz) long-grain or basmati rice, boiled or steamed
200g (7oz) purple-sprouting broccoli, chopped and steamed

1 In a pestle and mortar, pound the coriander seeds until finely broken up. Mix with the soy sauce, honey and lemon zest, and place in a freezer bag or bowl with the salmon fillets. Marinate for at least 20 minutes or up to overnight.
2 Heat the grill to high and place the fillets and marinade on a baking sheet lined with oiled foil. Squeeze over the lemon juice and grill the fillets for 8 to 10 minutes, basting them occasionally with the marinade as they cook.
3 Meanwhile, heat the oil in a frying pan. Add the rice and stir-fry for 2 minutes, then add the broccoli and stir-fry for a further 3 minutes. Drizzle over more soy sauce and divide the rice between 4 plates. Top with the salmon and any leftover marinade.
Per serving: 551 calories, 23g fat (4g saturated), 50g carbohydrate

In this low-fat feast, seafood works so well with the amazing flavours of the dressing – the crispy shallots are the crowning glory!

Get ahead
You can make the dressing up to 4 days before – just cover it with clingfilm and keep it in the fridge

Vietnamese squid and prawn salad with herbs

Smart idea
To always have ginger to hand, grate then wrap it in clingfilm and freeze it. Then just add to recipes as needed

Long a favoured remedy for the common cold, this is chicken soup you'll want to eat any time

Chicken and noodle broth with lemongrass and coriander

READY IN 30 mins

Chicken and noodle broth with lemongrass and coriander

The lemongrass, ginger and garlic will help clear blocked sinuses.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 MINUTES
SERVES 2
EASY

850ml (1½pt) chicken stock
2 skinless chicken breasts, sliced
2 lemongrass stalks, finely chopped
2 spring onions, finely sliced
2.5cm (1in) piece fresh root ginger, peeled and grated
1 garlic clove, crushed
225g (8oz) udon noodles
50g (2oz) mangetout, sliced lengthways
handful fresh coriander, chopped

1 Put the stock into a large saucepan and add the chicken, lemongrass, spring onions, ginger and garlic. Bring to the boil, then simmer gently for 10 minutes to allow the flavours to infuse and the chicken to cook through.
2 If the noodles are dried, cook them now according to the pack instructions, then refresh under cold water. If they are vacuum-packed and pre-cooked, immerse in boiling water to separate them, then refresh.
3 Add the mangetout and noodles to the broth and cook for 3 minutes. Add the chopped coriander and season to taste.
Per serving: 329 calories, 4g fat (1g saturated), 34g carbohydrate

RECIPE KNOW-HOW
Udon noodles are thick, wheat-based Japanese noodles. You can buy them vacuum-packed, so they don't need pre-cooking, or dried, which need to be cooked and refreshed before using.

Sesame, prawn and noodle salad

Sesame, prawn and noodle salad

Soya beans are rich in potassium, as well as iron, magnesium and folate.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 8
EASY/PREPARE AHEAD

300g (10oz) medium egg noodles
150g (5oz) soya beans (Birds Eye from the freezer cabinet)
100g (4oz) mangetout
100g (4oz) sugar snap peas
50g (2oz) frozen peas
150g (5oz) cooked peeled prawns
6 spring onions, sliced
handful each coriander, mint and basil, roughly chopped
for the dressing:
1tbsp sesame oil, plus a little extra
1tbsp sweet chilli sauce
2tbsp soy sauce
juice 1 lime
2tbsp sesame seeds, toasted, plus extra to garnish
1tbsp rice vinegar

1 Cook the noodles according to the pack instructions. Drain under cold running water until cool, then toss in a little sesame oil and set aside. Blanch the soya beans, mangetout, sugar snaps and peas in boiling water for 1 or 2 minutes, then run under the cold tap.
2 Mix together the dressing ingredients, toss through the noodles and add the remaining ingredients. Garnish with the extra toasted sesame seeds.
Per serving: 250 calories, 8g fat (1.5g saturated), 33g carbohydrate

RECIPE KNOW-HOW
To toast sesame seeds, simply pop them into a dry, non-stick frying pan over a medium heat and stir them occasionally to make sure they don't burn.

Grilled salmon with sumac, and courgette, mint and pea risotto

Linguine with prawns and pesto

Pasta is one of the best slow-release energy boosters and is easily digested.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 2
✓ EASY

6 medium tomatoes
150g (5oz) dried linguine or spaghetti
2tsp olive oil
125g (4½oz) fresh cooked prawns
1tbsp fresh pesto sauce
fresh basil, to serve

1 First of all, put a large pan of salted water on to boil for the pasta. Meanwhile, halve the tomatoes and scoop out the seeds with a teaspoon and discard. Then finely dice the tomatoes.
2 Put the pasta on to cook. A few minutes before it's ready, heat the oil in a sauté pan, add the diced tomatoes and some seasoning. Toss well to heat through but don't allow them to go mushy. Then simply add the prawns and pesto sauce, heat through and stir into the drained pasta. Add fresh basil and serve immediately.
Per serving: 420 calories, 9g fat (1g saturated), 66g carbohydrate

Grilled salmon with sumac, and courgette, pea and mint risotto

One salmon fillet will provide more than half of the vitamin B12 you need in a day.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 30 MINUTES
SERVES 4
✓ EASY

2tsp sumac
1tbsp olive oil
4 x 150g (5oz) salmon fillets

for the risotto:
700ml (1¼pt) vegetable stock
1tbsp olive oil
1 onion, peeled and finely chopped
225g (8oz) Arborio rice
50ml (2fl oz) dry white wine
200g (7oz) baby courgettes, thinly sliced
100g (4oz) petit pois, thawed
1tbsp mint, off the stalk and chopped
finely grated zest of 1 lemon
pea shoots, to garnish

1 Heat the grill to its highest setting. Mix the sumac with the olive oil and spread evenly over the top of the salmon fillets.
2 Bring the stock to the boil. Heat the oil in a large saucepan and sweat the onion for 5 minutes. Add the rice and mix well. Pour in the white wine and allow most of it to evaporate, stirring continuously. Add a ladleful of stock and continue cooking until the liquid has been absorbed, stirring all the time. Continue to add the stock bit by bit until the rice swells and becomes creamy.
3 Add the courgettes, peas, mint and lemon zest. Season and cook for a further 5 minutes, until the rice is tender and the vegetables just cooked. Five minutes before the risotto has finished cooking, place the salmon on a baking sheet and grill until cooked through. Serve with a spoonful of risotto, topped with some pea shoots.
Per serving: 560 calories, 23g fat (4g saturated), 51g carbohydrate

RECIPE KNOW-HOW

Sumac is a traditional Middle Eastern spice, and adds a tangy, lemony flavour to fish, meats and veg such as aubergine. Find it in Middle Eastern grocers, good delis or online at seasonedpioneers.co.uk.

RECIPE KNOW-HOW

Risotto is not hard to make, but you do need to keep stirring all the time to release the starch from the grains for that creamy taste.

Try this
If you want to make this even healthier, use wholewheat spaghetti, as it's higher in fibre and nutrients

The palate-pleasing combination of pesto and prawns make this dish so good, you'll hardly believe how easy it is to cook

Linguine with prawns and pesto

Smart idea
If you're serving strict vegetarians, use a vegetarian cheese in place of Parmesan, which contains animal rennet

This is real comfort food – pasta, beans, crème fraîche – and the leeks and sage give it an amazing flavour

Tagliatelle with creamy leeks and cannellini beans

+ GREAT FOR VEGGIES

Tagliatelle with creamy leeks and cannellini beans

Beans are a great way to up your fibre intake, and they'll keep you feeling full.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD

2tbsp olive oil
2 leeks, trimmed and thinly sliced
150ml (¼pt) vegetable stock
juice 2 lemons
400g (14oz) tagliatelle
2 x 400g cans cannellini beans
2tsp finely chopped sage leaves
150ml (¼pt) half-fat crème fraîche
2tbsp grated Parmesan, plus extra to serve

1 Heat the oil in a frying pan and add the leeks and some seasoning. Cook for 5 minutes without colouring, until the leeks have softened, then turn up the heat and add the stock and lemon juice. Meanwhile, cook the pasta according to the pack instructions.
2 Allow the stock to bubble vigorously for 5 minutes, then add the beans, sage and crème fraîche. Return to a gentle simmer and cook for 5 minutes. Stir in the Parmesan, taste and season.
3 Drain the pasta, reserving 1tbsp of water to stir into the sauce. Toss the sauce through the pasta and serve with extra Parmesan sprinkled on top.
Per serving: 631 calories, 16g fat (6g saturated), 101g carbohydrate

+ RECIPE KNOW-HOW

Don't skimp on cheaper brands of pasta, which invariably go soggy – and it's not the cook's fault! Look for quality Italian brands such as De Cecco and Barilla, for example.

Crab cakes with sweet pepper and avocado relish

Crab cakes with sweet pepper and avocado relish

Crab is rich and filling so all this needs on the side is a crisp, green salad.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 20 MINUTES
MAKES 6
EASY

3tbsp olive or vegetable oil
1 large red onion, finely chopped
2 green peppers, deseeded and chopped
1tbsp chopped thyme
2tbsp chopped parsley
300g (10oz) mixed brown and white crab meat
125g (4½oz) breadcrumbs
1 free-range egg, beaten
a little flour for dusting
for the relish:
50g (2oz) hot piquant peppers (we used Peppadew), drained and finely chopped
½ bunch spring onions, finely chopped
½ avocado, finely diced
2tbsp lime juice
1tbsp caster sugar
2tbsp chopped coriander

1 Heat 1tbsp of the oil in a large frying pan and gently fry the onion for 5 minutes. Add the peppers and fry for a further 10 minutes or until starting to brown. Stir in the herbs and tip into a bowl. Leave to cool.
2 Add the crab meat, breadcrumbs, egg and a little salt and freshly ground black pepper to the bowl, and mix well. Divide into 6 even portions. Using floured hands, pat into fishcake shapes.
3 To make the relish, mix the peppers, spring onions, avocado, lime juice, sugar and coriander in a small bowl.
4 Heat the remaining oil in a large frying pan and gently fry the crab cakes for about 4 minutes on each side until golden. Drain well and serve with the relish.
Per crab cake: 263 calories, 12.5g fat (2g saturated), 25g carbohydrate

ANJUM ANAND WORKED IN INNOVATIVE RESTAURANTS SUCH AS CAFE SPICE IN NEW YORK, THE MONDRIAN HOTEL IN LOS ANGELES AND THE PARK ROYAL HOTEL'S INDIAN RESTAURANT IN NEW DELHI BEFORE TURNING HER ATTENTION TO SHOWING PEOPLE THE LIGHTER, HEALTHIER SIDE OF INDIAN COOKING. ANJUM HAS PRESENTED SUCCESSFUL BBC2 COOKERY SHOWS, AND HAS PUBLISHED FIVE BOOKS, INCLUDING *INDIAN FOOD MADE EASY*, *I ❤ CURRY* AND *EAT RIGHT FOR YOUR BODY TYPE*, WHICH WAS ONE OF THE BESTSELLING HEALTH TITLES OF 2010.

ANJUM ANAND'S

Quick bread and vegetable stir-fry

This simple dish makes a wonderfully healthy quick snack or light meal. There are no spices in this dish, just a delicious combination of sweet vegetables with a bite and the soft, tart pieces of bread. It may not sound like much, but it just works. If the yogurt is slightly sour with age and the bread is not as fresh as it could be, so much the better. A great storecupboard recipe, this is a typical example of how Indians took a staple ingredient from another culture and made it their own. I use wholemeal bread as this is what I have at home and it has a nutty flavour I am used to, but use whichever you have to hand.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 2
EASY/PREPARE AHEAD

3 slices of bread, toasted until hard but not coloured, crusts removed
1tbsp natural yogurt (slightly sour if possible)
2tbsp vegetable oil
¼tsp brown mustard seeds
1 small to medium onion, peeled and finely sliced
1 small potato, peeled and chopped into 1cm cubes
1 green chilli, deseeded and chopped or slit
1 large carrot, peeled and grated into long shreds
¼ small red or white cabbage, cored and finely shredded
1 rounded tsp ginger paste
salt, to taste
1½-2tsp lemon juice, or to taste
2tbsp chopped fresh coriander leaves and stalks

1 Cut each slice of bread into 9 squares. Brush the yogurt on both sides of the toast and leave on a plate in a single layer to dry off a little.

2 Heat the oil in a large non-stick frying pan and fry the mustard seeds until they start to pop. Add the onion and fry until golden, around 6 minutes. Stir in the potato and continue frying over a moderate heat until nearly cooked, around 5 to 6 minutes. Add the green chilli, followed by the carrot, cabbage, ginger paste and salt, then stir-fry for 5 to 6 minutes or until they have wilted.

3 Stir in the lemon juice and bread and cook for another 2 minutes. Taste and adjust the seasoning, sprinkle over the coriander and serve.

ANJUM ANAND'S *ANJUM'S NEW INDIAN* (QUADRILLE, £14.99) This book follows on from the success of Anjum's debut, *Indian Food Made Easy*. It's based on the same principles – light, modern Indian food for today's busy cooks. It's packed with fresh, simple meals inspired by Indian regional cooking, many of which are quick to put together, and all are full of flavour. Anjum also offers advice and tips for using core Indian ingredients, as well as suggestions for menus and entertaining.

MAIN PHOTOGRAPH VANESSA COURTIER

Indian dishes are often lighter than expected, with a lot of importance placed on freshness, aroma and colour

Anjum Anand's Quick bread and vegetable stir-fry

EAT SMART

✢ The clever cook's storecupboard

A well-stocked storecupboard means that you're never without the ingredients for a great meal. Follow our tips for stress-free cooking – all the time!

When we say storecupboard, we're including the fridge and freezer too. Make the most of your storage space by buying wisely and not cluttering it with jars and tins you'll never use. If this sounds familiar, have a bit of an amnesty and start afresh – it will transform the way you cook.

Tips for a well-organised storecupboard

✢ **Be ruthless.** If that tin of clams from your trip to Spain five years ago is still sitting there, chances are you're never going to use it. Bin it, and use the space for something you will use.

✢ **Put a bit of thought in.** There's no point buying brown rice if only one of you likes it. Think about what the whole family will eat and fill your cupboards accordingly.

✢ **Rotate.** When it comes to food, out of sight is usually out of mind, so reorganise your cupboards every so often to bring different things to the front – this will help you use things up more effectively and prevent you getting stuck in a recipe rut.

✢ What to buy

This is, of course, entirely down to your tastes, but some things that we can't live without include:

✢ **Oils** Extra virgin olive for drizzling and dressings, blended olive for shallow frying and roasting, and sunflower or rapeseed oil for deep-frying.

✢ **Vinegars** Not just for salad dressings or fish and chips, good-quality vinegars are wonderful added to casseroles, drizzled over roasting joints or reduced into glazes for chicken or fish. Balsamic, white wine and sherry vinegars are a good trio to have on hand.

✢ **Spices** Spices make cooking healthily so much easier as they provide flavour without fat. A basic collection should include: cumin, coriander, chilli flakes, cinnamon, turmeric, nutmeg and smoked paprika. Our other favourites include sumac, ras el hanout, garam masala and allspice. Replace them every two to three months as they will go stale.

✢ **Pasta, rice and couscous** We're never without linguine and conchiglie, basmati and wild rice, and couscous.

✢ **Beans and pulses** Our cupboards always have chickpeas, Puy lentils (try the ready-cooked sachets by Merchant Gourmet), pearl barley and kidney, borlotti and butter beans.

✢ **Baking ingredients** If the urge to bake suddenly takes you, you want to be prepared! Keep plain and self-raising flour handy, plus caster and icing sugar, and unsalted butter in the freezer if it doesn't get used often. And, of course, no home should be without eggs – they're the ultimate fast food!

✢ **Condiments** Apart from the obvious ketchup and mayo, we also love Dijon and wholegrain mustards, chilli sauce (Sriracha, available in Tesco, is fantastic), grated horseradish, Thai fish sauce, pickle or chutney, and Worcestershire sauce.

✢ And in the freezer...

Use your freezer sensibly! As with your cupboard, rotate its contents every so often – it's easy to forget what's in there. Here's what to keep stocked up on:

✢ **Veg** Peas, soya beans, broad beans and sweetcorn all freeze really well.

✢ **Proper stock** Whether it's homemade or shop-bought, good stock is great to have to hand and will really transform dishes in a way no stock cube ever can.

✢ **Sorbet and frozen yogurt** Sometimes you just can't be bothered to make dessert, so having something sweet (and low-fat) in the freezer is a godsend.

✢ **Fruit** Whether it's for smoothies, puddings or baking, frozen fruit is always useful. Just keep in mind which fruits you're freezing – raspberries, blackcurrants and gooseberries are great, but strawberries, apples and peaches don't freeze well.

✢ Smart idea

Freeze nuts to stop them going stale – a great idea if you buy a bag for a recipe and have leftovers

WORDS REBECCA SMITH

Storing food in Kilner jars keeps it fresher and prevents packets spilling and making a mess, which in turn will keep pests at bay. They look prettier, too!

DID YOU KNOW

The chill factor

Many products benefit from not being kept in the fridge. Some common ones include:

- **MUSTARD** Its high vinegar content means mustard will keep perfectly well out of the fridge, and the flavour will be more rounded. Dijon will discolour slightly over time, but as long as it smells normal it's fine.
- **JAM** Unless it has a very high fruit content, most jam contains enough sugar to preserve it out of the fridge. Just make sure the lid is airtight.
- **KETCHUP** We know it says to refrigerate it, but ketchup is fine left out of the fridge. And a hot bacon sarnie topped with fridge-cold ketchup just doesn't cut it for us!
- **POTATOES** Chilling potatoes converts their starches into sugars, which will leave you with gloopy mash and heavy-textured roasties.

CLICK ONLINE

For more advice on stocking your kitchen, visit www.womanandhome.com.

PHOTOGRAPHS MYLES NEW PROP STYLING SUE ROWLANDS

Laid-back brunch

+ **There's nothing nicer than spending some relaxed time lingering over delicious food with friends and family**

+ Brunch is an easy way to get extra feel good foods into your diet, with lots of delicious fruit and veg

+ **Be inspired by our refreshing salads and smoothies, flavour-rich kedgeree, light, fluffy pancakes and so much more**

+ GREAT FOR VEGGIES

Orange and ricotta pancakes

Orange and ricotta pancakes

These are a delicious way to up your five-a-day, plus pistachios have one of the highest antioxidant counts in the nut world.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6
EASY/PREPARE AHEAD

250g tub ricotta cheese
2tbsp caster sugar
2 large free-range eggs, separated
1 orange: grated zest for batter; then peeled and sliced to serve
50g (2oz) plain flour
2tbsp butter
2tbsp chopped pistachio nuts
a little clear honey, for drizzling

1 In a mixing bowl, beat the ricotta, sugar and yolks. Add the orange zest, flour and a pinch of salt. Fold in to make a smooth batter. In another bowl, with clean beaters, whisk the egg whites to soft-peak stage, then fold into the batter mix.
2 Warm a non-stick pan; add a little butter. When it starts to sizzle, put a few heaped tbsp mix, 5cm (2in) in diameter, into the pan and cook for 2 minutes on each side until slightly puffed up and golden. Repeat with remaining batter, keeping cooked pancakes warm.
3 To serve, stack 3 pancakes per person on a plate, layering with orange slices. Sprinkle with nuts and drizzle with a little honey.
Per serving: 217 calories, 14g fat (6.5g saturated), 15g carbohydrate

Smoked salmon kedgeree

Smoked salmon kedgeree

Smoked salmon is packed with omega-3 fatty acids, which have many health benefits and are essential for a healthy diet.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4
EASY

1 onion, peeled and finely sliced
2tbsp olive oil
175g (6oz) basmati or long-grain rice
300g (10oz) lightly smoked salmon fillets (around 2 fillets)
12 quails' eggs, cooked for 2½ minutes, cooled, peeled and halved
2tbsp fresh flat-leaf parsley, chopped
½tsp smoked paprika

1 Fry the onion in half the oil, until soft. Add the rice and 400ml (14fl oz) hot water, stir and bring just to the boil. Nestle the salmon in the rice, cover and cook over a very low heat for 10 minutes.
2 Take out salmon and set it aside. Cook the rice for another few minutes, with the pan lid off. Skin the fish and remove any bones.
3 Add the rest of the oil, large flakes of fish, and half the parsley to the rice. Arrange the eggs on top and sprinkle with paprika. Top with a sprig of parsley and serve immediately.
Per serving: 409 calories, 16g fat (3g saturated), 37g carbohydrate

{ A stylish prep-ahead brunch recipe that uses traditional breakfast ingredients – eggs, bacon and mushrooms }

Try this
You can easily make this tart vegetarian – just leave out the bacon and add a further 50g (2oz) mushrooms

Egg, bacon and mushroom tart **(recipe page 42)**

+ GREAT FOR VEGGIES

Egg, bacon and mushroom tart

Chocolate and fruit muffins

Egg, bacon and mushroom tart

Mushrooms are high in antioxidants and contain substances that protect the immune system and may even fight cancer.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6
EASY/PREPARE AHEAD

375g pack ready-rolled puff pastry
200g (7oz) bacon lardons
150g (5oz) chestnut mushrooms, halved
6 free-range eggs, plus 1 free-range egg yolk, beaten, to glaze
100ml (4fl oz) half-fat crème fraîche
1tbsp parsley, chopped

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the pastry on a baking sheet. With a sharp knife, score a border 2 to 4cm (¾ to 1½in) from the edge, making sure not to cut right through. Slash the pastry with a knife inside the scored line and glaze with the egg yolk. Cook for 10 minutes, until golden and the outside has risen. Turn down the oven to 180 C, 160 C fan, 350 F, gas 4. While the pastry is still warm, flatten the middle section.
2 Dry-fry the bacon until crispy; remove from the pan. Add the mushrooms; cook until soft, then cool. Whisk the 6 eggs with the crème fraîche. Stir in the bacon, mushrooms and parsley, and season.
3 Pour the mixture into the puff pastry case and cook for 15 to 20 minutes, until set. Serve hot or at room temperature.
Per serving: 453 calories, 33g fat (13.5g saturated), 24g carbohydrate

Chocolate and fruit muffins

Chocolate for brunch? It might feel naughty, but just a little high-quality dark chocolate is good for you! So go on, indulge...

PREPARATION TIME: 20 MINUTES, PLUS SOAKING
COOKING TIME: 20 MINUTES
MAKES 12
EASY/PREPARE AHEAD

200g (7oz) dried fruit (such as sultanas, cherries, cranberries)
100g (4oz) light brown sugar
400ml (14fl oz) cold English Breakfast tea
2 free-range eggs
2tbsp rich dark Seville orange marmalade
450g (1lb) self-raising flour and 2tsp ground mixed spice
100g (4oz) dark chocolate, chopped into small chunks
you will need:
12-hole muffin tin, base and sides brushed with melted butter and coated in a little polenta, the excess shaken off

1 Soak fruit, sugar and tea for 1 hour. Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Beat eggs and marmalade; add soaked fruit and liquid. Sift in the flour and mixed spice; fold into the mix. Stir in chocolate.
2 Pour into tin and bake for 20 minutes until golden. Cool slightly before removing the cakes to a wire rack to cool completely.
Per muffin: 262 calories, 4g fat (2g saturated), 55g carbohydrate

+ GREAT FOR VEGGIES

Melon, grape and pineapple salad

Fruit smoothies

Melon, grape and pineapple salad

A great way of getting fresh fruit into your diet, to help you achieve your five-a-day. When in season, add strawberries too.

PREPARATION TIME: 15 MINUTES, PLUS INFUSING
SERVES 8
EASY/PREPARE AHEAD

8tbsp elderflower cordial
knob root ginger, peeled
few sprigs fresh mint
1 ripe pineapple
1 ripe medium melon, preferably Charentais
1 large bunch green, seedless grapes, washed

Put the cordial into a small saucepan with the ginger and mint. Gently heat through, then take off the heat and leave to infuse. Peel the pineapple, cut into wedges, remove the core and chop into chunks. You can either halve and deseed the melon and use a melon-baller to scoop out rounds, or peel and cut into chunks. Place all the fruit in a bowl, pour over the syrup, cover and leave at room temperature for around an hour for the flavours to infuse.
Per serving: 104 calories, 0g fat (0g saturated), 25g carbohydrate

Fruit smoothies

Put 225g (8oz) fresh raspberries, 1 large banana, 450ml (15fl oz) low-fat natural yogurt and 450ml (15fl oz) cold water in a blender or food processor and whizz until smooth. Pour into tall glasses, top with fresh berries and serve immediately. Serves 4.

{ Fruit doesn't have to be boring! Create an exotic fruit salad and whizz up delicious smoothies for brunch guests }

+ GREAT FOR VEGGIES

Try this
When you're ready to serve your bircher muesli, you can top with fresh fruit such as raspberries or bananas

Smoked salmon hash with poached eggs

Bircher muesli

Smoked salmon hash with poached eggs

Smoked salmon is a good source of the antioxidant vitamin E, which can reduce the risk of heart disease.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD (POTATO)

400g (14oz) creamy mashed potato
100g (4oz) smoked salmon, chopped into small pieces
1tbsp chopped fresh parsley
juice ½ lemon
1tbsp olive oil
knob of butter
4 free-range eggs
fresh rocket (optional)

1 Soften the mashed potato. Mix the salmon into the mash along with the parsley, lemon juice to taste and seasoning. Divide the mixture into 4 and shape each portion into a round.
2 Heat the oil and butter in a pan and add the cakes. Cook for about 5 minutes, until browned, then flip over and cook the other side.
3 Meanwhile, bring a pan of water to the boil and reduce to a simmer. One at a time, break the eggs into a teacup, tip into the water, cover and poach for a few minutes.
4 Serve the fishcakes on warm plates with a poached egg on each one and rocket leaves on the side.
Per serving: 270 calories, 17g fat (6g saturated), 16g carbohydrate

Bircher muesli

Created over a century ago by Dr Bircher-Benner for patients in his Zurich clinic, this is packed with health-giving ingredients.

PREPARATION TIME: 20 MINUTES, PLUS OVERNIGHT CHILLING
SERVES 8
EASY/PREPARE AHEAD

200g (7oz) rolled oats
200ml (7fl oz) freshly squeezed orange juice
3 crisp apples, cored and cut into 1cm (½in) cubes
1 fresh orange, peeled and cut into 1cm (½in) cubes
250g pack unsalted mixed dried fruits and nuts
75g (3oz) pumpkin seeds
4tbsp flower-scented honey
500g (1lb 2oz) thick, strained Greek yogurt

1 Put the rolled oats in a large bowl, pour over the orange juice and stir. Mix in the apples, orange, fruit and nut mix, pumpkin seeds and half the honey. Chill overnight.
2 When ready to serve, mix in half the yogurt then spoon the muesli into serving dishes. Top with a dollop of the remaining yogurt and a trickle of the remaining honey.
Per serving: 385 calories, 14g fat (4g saturated), 56g carbohydrate

{ A salad is perfect for a relaxed brunch – once you've got some interesting leaves, you can add whatever you like! }

FEEL GOOD+

SALAD KNOW-HOW

Combinations of sweet and salty work so well in a salad, so try a few of these options with a good selection of different leaves to benefit from more antioxidants...

- **Feta cheese, hearts of palm (canned, from most supermarkets), avocado and watermelon**
- **Chorizo, olives, roasted red peppers and toasted almonds**
- **Shaved Parmesan, slivers of ripe pear, walnuts and chicory (Belgian endive)**

Parma ham, melon and mozzarella salad (recipe page 46)

Parma ham, melon and mozzarella salad

Prawn, pepper and spinach omelette

Parma ham, melon and mozzarella salad

Radicchio is a super-low-calorie, high-antioxidant way to get more fibre into your diet – and it tastes great too.

PREPARATION TIME: 15 MINUTES
SERVES 4
✓ EASY

1 orange, juice only
2tbsp olive oil
1 small radicchio lettuce, leaves torn
2 whole buffalo mozzarella cheeses, torn
8 slices Parma ham
1 galia melon, peeled, deseeded and cut into wedges
1 packet lamb's lettuce

1 To make the dressing, stir the orange juice and olive oil together. Season well and whisk with a fork. Set aside.
2 Place the remaining ingredients in a large bowl. Drizzle with the orange dressing and toss everything together. Serve immediately.
Per serving: 275 calories, 18g fat (10g saturated), 11g carbohydrate

+ GET AHEAD
You can have all the ingredients for this salad ready in separate bowls in the fridge, then it's just a quick and simple assembly job once your guests have arrived for brunch.

Prawn, pepper and spinach omelette

High in protein, vitamins and minerals, and low in calories, prawns are a great way to make an omelette into a meal.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 5 MINUTES
SERVES 2
✓ EASY

2tbsp olive oil
150g (5oz) raw king prawns
50g (2oz) Peppadew peppers, large ones halved
100g (4oz) spinach, wilted
5 free-range eggs, beaten

1 Heat the oil in a frying pan and, when very hot, add the prawns with a generous amount of seasoning. Cook for a couple of minutes until pink, then add the peppers and spinach, and make sure that everything is distributed evenly in the pan.
2 Season the eggs and add to the pan, pulling the cooked edges into the middle and allowing the liquid to run to the sides. Repeat until the egg is almost cooked, then tip on to a plate and serve.
Per serving: 394 calories, 28g fat (6g saturated), 2.5g carbohydrate

Try this
Instead of prawns, a few slices of chorizo would work well in the omelette – just dry-fry the chorizo for a few minutes

+ GREAT FOR VEGGIES

Eggs with piquillo peppers and chillies

Virgin Bloody Mary

Eggs with piquillo peppers and chillies

Eggs are one of the only foods that contain naturally occuring vitamin D, of which we often don't get enough.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
SERVES 4
✓ EASY

75g (3oz) canned roasted piquillo peppers or roasted red peppers, from supermarkets, drained and sliced into fine shreds
1 small fresh green chilli, deseeded and finely sliced
8 large free-range eggs, fork-whisked
2tbsp extra virgin olive oil

1 Combine the piquillos in a bowl with most of the green chilli, plus the eggs. Season with sea salt and freshly ground black pepper, then fork-whisk briefly.
2 Heat the oil in a large, non-stick frying pan. Add the egg mixture, stir over a medium-high heat until creamy, then turn off the heat.
3 Toast some bread of your choice, place on plates and spoon on the eggs. Sprinkle over the remaining green chilli and serve.
Per serving: 266 calories, 22g fat (5g saturated), 1g carbohydrate

Virgin Bloody Mary

Put juice of 2 to 3 lemons, 15 to 20 drops Tabasco, 10 drops Lea & Perrins, 1tsp celery salt and some freshly milled pepper into a jug with ice. Add 1.5 litres (2¾pt) tomato juice, stir and taste for seasoning. To make this classic, just add 450ml (15fl oz) vodka and 100ml (4fl oz) sherry. Serves 8.

{ Piquillo peppers, from northern Spain, have a mild piquant flavour, and are great in salads or added to pasta dishes }

+ GREAT FOR VEGGIES

Honey pancakes with spiced apple

Soft-boiled egg and asparagus soldiers

Honey pancakes with spiced apple

The pectin in apples help to lower bad LDL cholesterol, and one study even found they aided weight loss. An apple a day...

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD (BATTER)

250g carton ricotta cheese
4 large free-range eggs
100ml (4fl oz) milk
50g (2oz) thick clear honey
50ml (2fl oz) extra virgin olive oil (plus extra for oiling the pan)
175g (6oz) white self-raising flour, sifted
1tsp baking powder
⅛tsp ground cinnamon
for the filling:
4 red-skinned dessert apples, cored and cut into 1cm (½in) cubes
½tsp ground cloves or allspice
juice 2 lemons
75g (3oz) caster sugar
4tbsp clear honey

1 Put the ricotta, eggs, milk, honey and olive oil into a food processor and whizz to a smooth batter. Add the flour, baking powder and cinnamon and whizz in short bursts to mix.
2 Heat a non-stick frying pan or pancake pan to a high heat and add a little oil. Cook dessertspoonfuls of the batter, spaced well apart, for about 1½ minutes or until bubbles break the surface. Turn and cook for a further 30 to 45 seconds. Keep the pancakes covered with foil in a warm oven until all the batter is cooked.
3 For the filling, combine the apples, cloves, lemon juice, sugar and honey in a saucepan and cook over a high heat for 5 to 8 minutes, stirring, until the apples are tender and the syrup is sticky. Serve the pancakes with the apple filling and top with fromage frais, if liked, and a sprinkling of cinnamon.
Per serving: 650 calories, 25g fat (8g saturated), 92g carbohydrate

Soft-boiled egg and asparagus soldiers

High in folate, beta-carotene and vitamins C and E, asparagus is a tasty alternative to the traditional toast soldiers.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 TO 15 MINUTES
SERVES 4
EASY

300g (10oz) asparagus
5 free-range eggs, 1 beaten
100g (4oz) Parma ham, torn into strips
50g (2oz) fresh breadcrumbs mixed with 25g (1oz) Parmesan, grated

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Remove any thick, woody ends from the asparagus. Wrap the tips with the Parma ham, dip in the beaten egg, then coat with the breadcrumb and Parmesan mix. Bake for 10 to 15 minutes.
2 Meanwhile, cook the remaining 4 eggs. Place them in a pan of cold water, bring to the boil, reduce the temperature and simmer for 4 minutes. Serve immediately with the asparagus soldiers.
Per serving: 251 calories, 13g fat (4.5g saturated), 11g carbohydrate

EGG AND ASPARAGUS RECIPE JENNIFER BEDLOE

Trout kedgeree

Turmeric is believed to be a powerful natural healer, known particularly for its anti-inflammatory and antiseptic properties.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4
✓ EASY

375g (13oz) trout fillets, skinned
1tsp turmeric
225g (8oz) basmati rice, rinsed
pinch saffron threads
4tbsp olive oil
100g (4oz) cherry tomatoes, halved
around 400ml (14fl oz) fish stock
2 spring onions or shallots, chopped
75g (3oz) unsalted butter, in pieces
3tbsp chopped flat-leaf parsley
4 hard-boiled free-range eggs, peeled and halved

1 Cut the trout into chunks, sprinkle with the turmeric and set aside to marinate.
2 Put the rice in a pan with 450ml (15fl oz) cold water, bring to the boil and simmer for 7 to 8 minutes, until the liquid is absorbed. Tip into a bowl, sprinkle with saffron and set aside.
3 Heat 2tbsp of the oil in a frying pan and cook the trout for 1 minute on each side, then drain on kitchen paper. Add 1tbsp oil and the tomatoes and cook, stirring, for 1 minute. Set aside.
4 Bring the fish stock to the boil and simmer.
5 Heat the remaining oil in a medium pan and cook the spring onions for 2 to 3 minutes to soften. Add a third of the butter, then the rice and cook, stirring to coat in the butter.
6 Add a ladleful of hot stock and stir until absorbed. Continue to add stock, a ladleful at a time, stirring, until the rice is cooked. Add remaining butter and stir until melted.
7 Fork the trout through the rice. Add the tomatoes, parsley and salt to taste, and heat through gently. Pile on to warm plates, and add the boiled eggs and some pepper. Serve immediately.
Per serving: 661 calories, 37g fat (13g saturated), 46g carbohydrate

AS THE FOUNDER CHEF OF ICONIC LONDON RESTAURANT BIBENDUM, SIMON HOPKINSON LEFT THE BUSINESS TO CONCENTRATE ON HIS WRITING, BUT IT WAS 11 YEARS AFTER HIS BOOK *ROAST CHICKEN AND OTHER STORIES* WAS PUBLISHED THAT IT SUDDENLY BECAME A BESTSELLER AFTER BEING RATED THE MOST USEFUL COOKBOOK IN *WAITROSE FOOD ILLUSTRATED*. THIS SPRING, SIMON HAS HIS FIRST TELEVISION SERIES ON BBC ONE, CALLED *THE GOOD COOK*.

SIMON HOPKINSON'S

Baked stuffed tomatoes "paella style"

Although the flavours in this dish are those of Spanish paella, the rice I have chosen is Italian carnaroli; other risotto rice may be employed (a simple arborio or vialone nano), but I find carnaroli swells more evenly and tenderly for the stuffing.

These tomatoes may also be served alongside other small dishes as part of a buffet lunch (in which case, one each is sufficient). For a first course, as here, you will need two.

PREPARATION TIME: 20 MINUTES, PLUS SOAKING
COOKING TIME: 45 MINUTES
SERVES 4
EASY/PREPARE AHEAD

8 firm, ripe medium tomatoes
½ small green pepper, deseeded, pith removed and coarsely chopped
4 garlic cloves, peeled and crushed
large pinch dried chilli
handful flat-leaf parsley leaves
1tsp Spanish paprika
1tsp saffron threads, steeped in 1tbsp boiling water
125ml olive oil, plus a little more, if liked
75g carnaroli rice
Maldon sea salt and freshly ground pepper

1 Remove the stalks from the tomatoes and then turn them over. Using a small, sharp knife, slice through about a fifth of the way down the tomatoes, to give little caps. Reserve these for later. Now, using a teaspoon, carefully scoop out all of the tomato innards into a bowl. Place the hollowed-out shells in a roasting tin that will accommodate them snugly.

2 Put the green pepper, garlic, chilli, parsley, paprika and infused saffron (with its water) into a food processor and pulse until the ingredients are evenly but coarsely chopped. Now tip in the tomato pulp with 100ml of the olive oil and process further until the entire mixture is a sloppy, seedy and oily tomato pap, with the other solids now more finely processed and in suspension.

3 Put the rice into the bowl that previously held the tomato pulp and pour over the tomato pap from the food processor. Mix well and season with salt to taste. Leave to soak for 30 minutes, stirring occasionally. Heat the oven to 200 C, 180 C fan, 400 F, gas 6.

4 Fill the tomatoes with the rice mixture. Don't be tempted to overfill – there may be a little left over – but do make sure that as much liquid as possible is included, even if it overflows into the dish. Replace the little caps onto the tomatoes and trickle over the remaining oil (plus a little more, if you like).

5 Bake in the oven for about 45 minutes, turning the heat down a touch if the tomatoes are browning too much – but browned and blistered they certainly must be! Taste a little of the rice to make sure it is fully cooked, although it will continue to swell and tenderise as it cools. Serve at room temperature, for preference, basting well with the juices and oil just before serving.

SIMON HOPKINSON'S *THE VEGETARIAN OPTION* (QUADRILLE, £20)

In his new book, Simon Hopkinson focuses on cooking mouth-watering recipes, without any meat or fish. Using fresh, in-season produce, the recipes range from Warm asparagus custards and Gratin of stuffed mushrooms to pasta dishes, such as Tagliatelle with runner beans, basil and mint. Whatever your dietary preference, this recipe book is a source of inspiration for real food lovers.

MAIN PHOTOGRAPH JASON LOWE

Ingredients that have an affinity, such as tomatoes and olive oil, are paired together to bring out their flavours to the full

Simon Hopkinson's Baked stuffed tomatoes "paella style"

To avoid the dark ring that can form around the yolk of hard-boiled eggs, run them under cold water immediately after cooking

FOOD FACTS

Did you know?

✣ Eggs contain choline, which is necessary for healthy cell membranes. Choline stimulates brain development and function, and helps preserve memory.

✣ Eggs are also good for your eyes because they contain lutein, which helps prevent age-related cataracts and macular degeneration. In fact, eggs contain more lutein than spinach and other green vegetables.

EAT SMART ✣ Eggs

They are nature's fast food – delicious, nutritious and super-versatile. What's more, research says you no longer need to restrict the amount of eggs you eat

The good news is a medium egg contains around 78 calories, which is only three per cent of a woman's average daily requirement. Eggs are high in protein and contain most vitamins (B2, B12, A, D and E), except for vitamin C. They are an excellent source of iodine, a good source of selenium and provide some zinc and iron.

Previous limits on egg consumption, which stated no more than two eggs a week, have been lifted, as it's now known that the cholesterol they contain doesn't have a significant effect on our blood cholesterol.

All eggs, whether quail, hen, duck or goose, contain similar nutrients. The average free-range egg costs around 20p – a small amount for such an extraordinary food, so don't be tempted to buy eggs from caged (battery) birds. As customers, we have the power to change things – if we don't buy them, the supermarkets won't stock them.

STORING ✣ COOKING

✣ In an ideal world, eggs should be stored at a constant temperature below 20 C. A cool cupboard or larder is perfect; otherwise, store in the fridge in a sealed box (an egg box is fine), as eggs can pick up flavours from any strong foods.

✣ In cooking, it's best to use eggs at room temperature. If you've ever had a leaking egg white when boiling an egg, it's because the shell expands too quickly when it's fridge-cold and hits the boiling water – that's when the shell cracks.

✣ In baking, a cold egg may curdle and result in a flat cake. For meringues, egg whites at room temperature whisk up faster, as the egg protein, albumen, is not as elastic when it's cold.

✣ It's an urban myth that adding vinegar to water when boiling or poaching eggs helps in any way – why taint the egg with vinegar unless you want to? It doesn't make the white more stable. To poach an egg, crack into a cup then tip gently in to barely simmering water. Cover, remove from the heat and leave for 3 to 5 minutes, until they're cooked to your liking. The trick with boiled eggs is as above: ensure they're at room temperature and place into gently – not madly – boiling water.

✣ Smart idea

If you're lucky enough to have a truffle, store in a box with eggs for sublime scrambles!

✣ EGG KNOW-HOW

✣ The colour of the shell depends on the breed of the hen, not on its feed. Until the 1970s, most eggs in the UK were white. But as consumers expressed a preference for brown eggs, the production of white eggs has diminished.

✣ The colour is not related to health, flavour or cooking characteristics. White-shelled eggs are produced by hens with white feathers and white ear lobes; brown-shelled eggs are produced by hens with red feathers and red ear lobes. Brown and white eggs contain roughly equal fat, protein, vitamin and mineral contents, so it really doesn't matter which you eat.

✣ The colour of the yolk *is* dictated by the hen's diet. Our Lion Code of Practice in the UK bans the use of any colourants. So to add a deep colour to the yolk, feed can contain natural products such as maize or marigold.

FOOD FACT

Did you know?

✣ Eggs will keep for a few weeks – use-by dates are just a guide. To be sure of freshness, place an egg in cold water. If it floats, this means it is stale because as the egg gets older, the air sac increases in size, which makes it float. If it sinks, it's fine.

CLICK ONLINE

For great recipes and tips on cooking with eggs, visit www.womanandhome.com.

WORDS JANE CURRAN PHOTOGRAPH GLEN WILKINS

Eating alfresco

✢ **One of the great pleasures of summer is eating outdoors, whether at a picnic or in your own garden**

✢ With flavourful herbs, marinades and dressings for meat, fish and salads, the possibilities are endless

✢ **So fire up the barbecue, dust off the terrace, open a bottle of rosé and breathe in that fresh air...**

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

Feel Good idea

Our punchy marinade for guinea fowl works brilliantly with chicken too. But try it with pork belly; make slits in the skin, rub the marinade into the gaps and into the flesh of the pork. Place in a non-metallic dish and marinate uncovered overnight in the fridge. Roast at a very high temperature for 30 minutes to crackle, then turn down to low and leave to cook in the oven for 3 to 4 hours.

Chargrilled Asian marinated guinea fowl (recipe page 58)

These prawns get an Indian twist before they hit the barbecue, with a spicy tandoori marinade. Yogurty raita on the side completes the flavour experience

Tandoori-style prawns
(recipe page 58)

Chargrilled Asian marinated guinea fowl

This lean meat makes an interesting and lower-calorie alternative to chicken.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 25 MINUTES
SERVES 4
EASY/PREPARE AHEAD

1 guinea fowl, approx 1.5kg (3lb 6oz), jointed into 8
2 limes, halved, to serve
for the marinade:
1tbsp Thai fish sauce
1tbsp soy sauce
2tsp roasted sesame oil
2tbsp groundnut or other flavourless oil
zest and juice 1 lime
2 sticks lemongrass, roughly chopped
1tsp green peppercorns
1tbsp hot chilli sauce
2 garlic cloves, peeled and chopped
5cm (2in) piece fresh root ginger, peeled and roughly chopped
1 green chilli, deseeded and chopped

1 Place the guinea fowl in a glass bowl. Mix together the marinade ingredients and pour over. Cover with clingfilm and marinate in the fridge for at least 3 hours or overnight, turning the meat occasionally.
2 Heat the barbecue. Cook the thighs and drumsticks for 10 minutes, then add the breast meat. Cook for a further 15 minutes.
3 Remove the cooked guinea fowl to a large plate and squeeze over the fresh lime.
Per serving: 303 calories, 9.5g fat (2g saturated), 0.3g carbohydrate

Tandoori-style prawns

Prawns are a great source of vitamin B12, which we need for proper brain function.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
SERVES 6
EASY/PREPARE AHEAD

200g (7oz) thick Greek yogurt
3tbsp Patak's Tikka Masala paste
6 raw, shell-on large Madagascan prawns or 24 large raw, peeled tiger prawns
lime wedges, to serve
for the raita:
150g (5oz) Greek yogurt
2tsp mint jelly
½ cucumber, peeled, deseeded and finely chopped

1 Mix the yogurt and tikka masala paste. Using a sharp knife, halve the prawns lengthways and remove the dark intestinal thread. Place the prawns on a large baking sheet and brush with the yogurt mixture. Cover with clingfilm and leave to marinate in the fridge for several hours.
2 Heat the barbecue and cook the prawns for 5 minutes on each side or until the shells are completely pink and the flesh cooked.
3 To make the raita, mix all the ingredients together and season with salt and pepper. Serve with the prawns and lime wedges.
Per serving: 131 calories, 8g fat (4g saturated), 4g carbohydrate

Jersey Royal salad

Make the most of the short season for Jersey Royals while you can.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 12 TO 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD

900g (2lb) small Jersey Royal potatoes, washed well and skins scraped
for the dressing:
1 garlic clove, crushed
grated zest and juice 1 lemon
2tbsp Dijon mustard
100ml (4fl oz) olive oil
2tbsp capers, rinsed and drained
100g (4oz) gherkins, roughly chopped
6 spring onions, finely sliced
1 bunch chopped fresh dill
1 bunch roughly chopped fresh flat-leaf parsley

1 Cook the Jerseys in boiling salted water for 12 to 15 minutes or until cooked.
2 Meanwhile, make the dressing. Place the garlic, lemon zest, juice and mustard in a bowl, and gradually whisk in the oil. Mix in the capers, gherkins, onions and herbs. Add the cooked potatoes to the dressing while they're still warm. Serve with cold roast beef or grilled salmon.
Per serving: 342 calories, 20g fat (3g saturated), 39g carbohydrate

Jersey Royal salad

Try this

Try a topside joint of beef for cold cuts. It's very lean, but make sure you serve it rare as it toughens up when over-cooked

This fabulous potato salad, with a zesty, herby kick, makes the perfect accompaniment to a simple supper

Marinated lamb pittas

Halloumi, aubergine and red pepper kebabs

KEBABS ✣ Get a clever makeover

Marinated lamb pittas

Lamb is an excellent source of zinc, which is important for healthy skin, a strong immune system and resistance to infection.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD

500g (1lb 2oz) leg of lamb, cut into chunks
4 toasted pitta breads, to serve
for the marinade:
3tbsp olive oil
juice 1 lemon
3 garlic cloves, crushed
you will need:
metal skewers, or wooden skewers that have been soaked in water

1 Mix the lamb with the marinade ingredients and plenty of freshly ground black pepper, then thread on to the skewers, cover and leave to marinate for 30 minutes.
2 Barbecue the lamb or grill it until nicely browned. Serve in the pitta breads with a cabbage salad and some cucumber raita.
Per serving: 490 calories, 23g fat (8g saturated), 41g carbohydrate

Halloumi, aubergine and red pepper kebabs

It's thought that aubergines can help lower cholesterol levels.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD

4tbsp groundnut oil
2 heaped tbsp harissa
1 large red pepper, cut into 12 cubes
1 large aubergine, halved and each half cut into 12 equal-sized cubes
200g pack halloumi cheese, cut into 16 large cubes
you will need:
8 metal skewers

1 Mix together the oil and harissa.
2 Alternately thread all the veg and cheese on to the skewers. Brush all the kebabs evenly with the harissa and oil mixture. Place on a hot barbecue and cook for 10 minutes or until the vegetables are cooked and the cheese is hot and oozing.
Per serving: 236 calories, 23g fat (8.5g saturated), 5g carbohydrate

Monkfish, chorizo and romano pepper kebabs

Grilled prawns

Monkfish, chorizo and romano pepper kebabs

Monkfish is a source of selenium, an antioxidant that helps protect cells from the free-radical damage that causes ageing.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD

2 large romano peppers, each cut into 12 equal-size pieces
600g (1lb 5oz) monkfish tail, cut into 16 equal-size pieces
16 mini uncooked chorizo sausages
4tbsp olive oil
lemon wedges, to serve
you will need:
8 metal skewers

1 Alternately thread all the peppers, fish and sausages on to the skewers, finishing each skewer with a piece of pepper.
2 Brush the kebabs with olive oil and season. Cook on a hot barbecue for about 6 minutes on each side. Serve with the lemon wedges.
Per serving: 434 calories, 30g fat (9.5g saturated), 9g carbohydrate

Try this

You can substitute large scallops or pieces of squid for the monkfish, or do a mix of all three

Grilled prawns

Prawns are very high in tryptophan, an essential amino acid that the body uses to synthesise the proteins it needs.

PREPARATION TIME: 5 MINUTES, PLUS MARINATING
COOKING TIME: 5 MINUTES
SERVES 4
EASY/PREPARE AHEAD

2tsp Thai red curry paste or harissa
1tbsp olive oil
20 large, raw prawns, shells on
you will need:
4 long wooden skewers, soaked in water

1 Mix together the curry paste and oil, and marinate the prawns in it for at least 40 minutes or overnight.
2 Thread 5 prawns on to each skewer. Place on the barbecue and cook for a couple of minutes on each side or until the prawns have turned pink. Serve immediately on a large platter.
Per serving: 99 calories, 5g fat (0.5g saturated), 0.5g carbohydrate

Smart idea

To deseed a pomegranate, cut in half and squeeze over a bowl. Halve again, pull out the seeds, and discard any pith

Baked sea bass with avocado and pomegranate salad (recipe page 64)

A sweet marinade enlivened by herbs and garlic makes this lamb melt-in-the-mouth tender

Sweet butterflied leg of lamb (recipe page 64)

Feel Good ideas

Although our recipes here feature sea bass, it's important to buy the freshest fish you can, so you could use bream or John Dory in both of these dishes. Just remember that whatever fish you use, it should be firm, bright-eyed and it should never smell of fish – it should smell of the sea.

Baked sea bass with avocado and pomegranate salad

Pomegranates contain the most antioxidants of any natural food.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 15 TO 20 MINUTES
SERVES 2
EASY/PREPARE AHEAD

2 whole line-caught sea bass, gutted and cleaned
1tbsp oil
3 limes, 1 sliced into rounds, 1 chopped into wedges, juice of 1
1 red chilli, deseeded and finely chopped
1 papaya, cut into chunks
1 avocado, cut into chunks
¼ red onion, chopped
half cucumber, peeled, deseeded and cut into chunks
seeds from half a ripe pomegranate
small bunch coriander, chopped
1tbsp avocado oil
25g (1oz) cashew nuts, toasted

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Make a few slashes in the flesh of the sea bass with a sharp knife. Brush the oil over the fish, and season with salt and freshly ground black pepper. Stuff the cavity with the lime slices and a little of the chilli. Place on a foil-lined baking sheet and bake in the oven for 15 to 20 minutes, or until cooked through.

2 Meanwhile put the papaya, avocado, red onion, cucumber, pomegranate seeds and most of the coriander into a bowl. In a separate bowl, mix together the lime juice, avocado oil and remaining chilli. Pour over the salad and lightly toss together. Scatter with the remaining coriander and toasted cashews, and divide between 2 plates. Serve with the sea bass and garnish with the lime wedges.

Per serving: 500 calories, 35g fat (7g saturated), 11g carbohydrate

+ RECIPE KNOW-HOW

To toast cashew nuts, heat the oven to 170 C, 150 C fan, 325 F, gas 3. Spread the cashews out evenly on a baking sheet and bake for 10 to 15 minutes, stirring occasionally, until they're golden. Keep an eye on them, as they can burn quickly!

Sweet butterflied leg of lamb

The leg is the leanest cut of lamb, making this comparable to beef in fat content.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING
COOKING TIME: 30 MINUTES
SERVES 8
EASY/PREPARE AHEAD

1-2 small, boneless legs of lamb, each about 600g (1lb 5oz)
1-2 servings of sweet herb marinade **(see page 68)**

1 Open out the lamb to flatten it and use the tip of a sharp knife to score a criss-cross in the skin. Place the lamb in a freezer bag. If doing 2 pieces, use 2 bags. Pour in 1 quantity of the marinade for each piece of lamb. Seal the bag, then work the marinade over the meat. Leave in the fridge overnight, turning the bag now and then to make sure the meat is well coated in marinade.

2 Place the lamb over a medium heat on the barbecue and cook it for 20 to 30 minutes, turning it after 10 minutes and brushing over any remaining marinade in the bag.

3 The lamb should still be slightly pink in the middle. Remove the meat from the barbecue and place on a board. Cover with foil to keep it warm and leave for about 10 minutes before slicing to allow the heat to transfer through to the centre of the meat.

Per serving: 332 calories, 22g fat (9g saturated), 4g carbohydrate

Sea bass with lemon, thyme and basil

Baking fish retains its delicate flavour, and means you use hardly any oil.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD

4 sea bass fillets
half lemon, thinly sliced
few sprigs thyme
few basil leaves
2tsp olive oil
you will need:
baking parchment

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Cut out a piece of baking parchment big enough to form a generous parcel around the fish, and cut out an equal sized piece of foil. Lay the parchment on the foil, place the fish fillets in the centre, then scatter over the lemon slices and herbs, with a generous amount of salt and pepper, and drizzle over the oil.

2 Gather the edges of the foil and parchment together, leaving a pocket of air above the fish, and scrunch the edges in on themselves so that you end up with something that resembles a large Cornish pasty. Place on a baking sheet and bake in the oven for 10 minutes, until the fish is just cooked through. The fish will mix with the oil and the lemon to form a natural juice, so serve the fillets with this spooned over.

Per serving: 138 calories, 5g fat (0.7g saturated), 0g carbohydrate

Try this

This flexible recipe would also work well with salmon and lots of parsley

Sea bass with lemon, thyme and basil

Chickpea and chorizo salad

Vietnamese chicken and rice noodle salad

SALADS ✢ Easy ideas to stay or go

Chickpea and chorizo salad

Chickpeas are very filling and they're high in insoluble fibre, which helps maintain a healthy colon.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING
SERVES 4
EASY/PREPARE AHEAD

2 x 400g cans chickpeas, drained and rinsed
1 red onion, finely sliced
1 red pepper, sliced and roasted
1 yellow pepper, sliced and roasted
handful rocket leaves
200g (7oz) chorizo sausage, sliced
handful fresh parsley, chopped
for the dressing:
juice 1 lemon
large pinch sugar
3tbsp olive oil

Mix the dressing ingredients together, toss through with the chickpeas, onion and peppers, and set aside to infuse for half an hour, or up to overnight. When ready to serve, toss through the rocket, chorizo and parsley, and season well. Serve with crusty bread.
Per serving: 400 calories, 23g fat (6g saturated), 29g carbohydrate

Vietnamese chicken and rice noodle salad

South-East Asian salads are very healthy and delicious; this one is no exception, being low in fat and high in flavour!

PREPARATION TIME: 20 MINUTES, PLUS MARINATING
SERVES 4
EASY/PREPARE AHEAD

3 chicken breasts, cooked and shredded
200g (7oz) flat rice noodles, cooked
large handful chopped fresh coriander
large handful bean sprouts
3 carrots, peeled and finely sliced
150g (5oz) bamboo shoots, finely sliced
4 spring onions, shredded
for the dressing:
1tbsp Thai fish sauce
3tbsp rice vinegar
1tsp caster sugar
1 garlic clove, thinly sliced
juice 2 limes

Gently heat the fish sauce, vinegar and sugar with 3tbsp water in a pan, until the sugar dissolves, and allow to cool. Add the garlic and lime juice. Toss with the chicken, noodles, coriander and bean sprouts, and allow to infuse for 20 minutes. Serve topped with the remaining ingredients.
Per serving: 341 calories, 2g fat (0.5g saturated), 49g carbohydrate

Ravioli salad with green veg

Veggie Niçoise salad

Ravioli salad with green veg

This delicious pasta is hearty and filling, and it's great to take on a picnic, as it doesn't wilt on keeping.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4
EASY/PREPARE AHEAD

25g (1oz) fresh basil leaves
4tbsp extra virgin olive oil
1kg (2lb 4oz) broad bean pods, shelled
150g (5oz) sugar snap peas
2 x 250g packs fresh filled ravioli (eg, ricotta and spinach)
½tbsp lemon juice
50g (2oz) almonds, toasted

1 Whizz the basil and oil to a purée. Bring 2 large pans of salted water to the boil. Add the broad beans to one and cook for 5 minutes, then remove using a draining spoon and refresh in cold water. Add the peas to the water and cook for 2 minutes, then drain and refresh in cold water. Cook the pasta in the other pan for 2 minutes or until tender. Drain and run under cold water to stop the pasta cooking.
2 In a large bowl, toss the pasta with the basil oil and peas. Pop the broad beans out of their skins and add to the salad. Mix in the lemon juice and toasted almonds and serve at room temperature.
Per serving: 437 calories, 25g fat (2g saturated), 44g carbohydrate

Veggie Niçoise salad

Green beans contain a wide variety of antioxidants, and delicious cherry tomatoes are rich in vitamin C.

PREPARATION TIME: 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD

200g (7oz) green beans, blanched
couple handfuls pitted black olives
300g (10oz) new potatoes, cooked and quartered
4 large free-range eggs, boiled for 6 minutes, then peeled and halved
couple handfuls cherry tomatoes, halved
parsley, to garnish
for the vinaigrette:
1tbsp balsamic vinegar
1tbsp Dijon mustard
4tbsp olive oil

Combine the salad ingredients in a bowl. Mix the balsamic with the Dijon mustard, then whisk in the olive oil with some seasoning. Drizzle over the salad, toss through and divide between 4 plates. Garnish with parsley sprigs and serve.
Per serving: 300 calories, 20g fat (4g saturated), 18g carbohydrate

Try this
If you want to fill this out a bit, add some salad leaves – opt for little gem or romaine lettuce for lots of crunch

Summer dressings

RASPBERRY AND WALNUT
Whizz 125g (4½oz) raspberries in a food processor until smooth. Whisk in 4tbsp walnut oil and 2tbsp red wine vinegar. Season well with sea salt and freshly ground black pepper.

FETA, YOGURT AND MINT
Whizz 200g (7oz) feta cheese in a food processor with 250ml (9fl oz) Greek yogurt and 1 crushed garlic clove. Stir in 8 finely chopped fresh mint leaves and 3tbsp olive oil. Season with salt and freshly ground black pepper.

GRAINY MUSTARD AND CREME FRAICHE
Stir 1tbsp grainy mustard, 3tbsp walnut oil and 1 crushed garlic clove into 250ml (9oz) crème fraîche. Season with salt and freshly ground black pepper.

ASIAN-STYLE
Whisk together 2tbsp each soy sauce and sesame oil. Add the juice of 1 lime and 4tbsp groundnut oil.

Clockwise from top left:
Spiced marinade; Soy, honey and ginger marinade; Sweet herb marinade; Pesto marinade

Barbecue marinades

These are a great way to add flavour without adding a lot of calories.

PREPARATION TIME: 5 MINUTES
SERVES 4
EASY/PREPARE AHEAD

Sweet herb marinade
2tbsp dark brown soft sugar
zest and juice 1 lemon
1-2 garlic cloves, peeled and crushed
2-3tbsp chopped fresh oregano and/or thyme
4tbsp olive oil

Soy, honey and ginger marinade
3tbsp soy sauce
3tbsp clear honey
1-2tbsp freshly grated root ginger

Pesto marinade
3-4tbsp fresh green pesto
finely grated zest and juice of ½ lemon

Spiced marinade
1-2tbsp curry paste, such as tikka
4tbsp natural yogurt

1 Mix all the ingredients together for each marinade and keep them chilled until you need them.
2 Marinate meat and poultry for at least 4 hours (or ½ hour for fish), but preferably overnight, to absorb flavour.

FAVOURITE RUBS
For steaks: Pound together 100g (4oz) sea salt, 2tbsp peppercorns, 1tbsp chilli flakes and 1tbsp fresh rosemary. Rub steaks with oil first, then spread rub on both sides before grilling.
For prawns and salmon: Mix 130ml (4½fl oz) olive oil, 1tbsp dried oregano, 1tbsp fresh oregano, 1tbsp chilli flakes, 1tbsp chopped parsley, zest of a lemon and a crushed garlic clove.
For lamb: Simply use a jar of Moroccan harissa (try Bart) and spread over a boned leg of lamb.

COOK SMART

✢ Barbecues

It's time to get out of the kitchen... Jane Curran on the whys and wherefores of cooking on the grill in the great outdoors

What we call barbecuing in the UK is really grilling. The American barbecue is all about big pits and slow cooking and smoking, as seen at Jamie Oliver's latest London restaurant, Barbecoa, which he owns with Adam Perry Lang, American barbecue aficionado. Definitely worth a visit. But here, we'll stay British and share some easy tips and recipes on how to get the most from your barbecue.

WHICH ONE?

In our family, it's always the guys who do the barbecue. Something to do with the hunter-gatherer instinct perhaps and playing with fire? Anyway, none of them, and I tend to agree, would even consider a gas barbecue. It has to be coals. I have experimented with a gas barbie, but it never seems to get quite hot enough and you don't get that lovely chargrill flavour and smell. We also have a flat plate that sits on the grill, perfect for doing fish, which always seems to fall apart when put directly on the grill. The choice, however, is up to you.

✢ Know your barbecue basics

LIGHTING THE FIRE

The greatest invention for barbecue-lovers is a contraption called a **chimney starter** by Weber. You just pile coals into the "chimney" along with a little newspaper, set it alight and the coals heat up to perfection in less than 20 minutes. You then just spread them as you wish on to the barbecue. And at around £20, it's a small investment for such a clever gizmo.

HOW TO COOK

- ✢ Always ensure meat is at room temperature (except for fragile burgers) and lightly brush with oil before cooking.
- ✢ Arrange your coals so you have a hot spot and a medium spot. Start the cooking on the hot spot and don't try to turn the meat until it's ready – meaning it will flip easily. Then move it to a medium spot to carry on cooking. The hot spot should be so hot that you can't leave your hand above it.
- ✢ Large pieces of meat will always benefit from resting, just as in the kitchen, for a few minutes before carving and serving. The proteins coagulate, which means you'll lose less meat juices and carving will be easier.

✢ **Smart idea**

Oven Pride is great for a grubby grill. You just put the rack in a large bag with the cleaner, leave overnight, and job done!

FOOD FACT

Chargrilling – the health issue

It's thought that over-charring and over-consumption of charred foods can affect your DNA and therefore increase the risk of cancer. But according to Harold McGee (author of *Keys To Good Cooking*, Hodder, £25), marinating the meat with a marinade containing an acidic ingredient (ie, lemon juice, mustard) reduces the production of carcinogens.

✢ Cleaning the grill

The best barbecue tip I was ever given was from a South African, not surprisingly. Cut an onion in half and rub it over the grill while it's hot. Do it when you've finished, too, although make sure you have some thick gauntlet gloves on to protect your hands. Once it's clean and cold, lightly brush with oil to prevent sticking.

CLICK ONLINE

For more healthy eating ideas and recipes, visit womanandhome.com.

"AS WILD GARLIC TAKES HOLD OF OUR COUNTRY LANES AND SPRING CALVES APPEAR IN OUR GREEN FIELDS, WE MUST STRIKE QUICKLY AT THE SHORT SEASONAL INS AND OUTS OF PRODUCE IN THE WARMER MONTHS," SAYS VALENTINE. "AND NOW IS THE TIME FOR TONG MASTERS AND PRODDING COMMANDERS TO TAKE THE BARBECUE HELM." THIS COCONUT LAMB – WITH DIGESTION-AIDING GINGER AND TURMERIC, WHICH HAS ANTI-INFLAMMATORY QUALITIES – OFFERS A WONDERFUL CHANGE FROM THE USUAL CHARRED BURGERS.

VALENTINE WARNER'S

Coconut lamb

I can't remember how this came about other than a vague recollection of making it to take when camping at a musical festival. I seem to remember we forgot to eat it and barbecued it on our return. Be assured we had a very good cold box.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING
COOKING TIME: 10 MINUTES
MAKES 12 SKEWERS (SERVES 6 AS PART OF A BARBECUE)
EASY/PREPARE AHEAD

1kg lamb neck fillet
150g sweetened desiccated coconut
for the marinade:
1 small or ½ medium red onion, peeled
good bunch of fresh coriander
2 garlic cloves, peeled
1 fat thumb fresh root ginger, peeled and thickly sliced
1 long red chilli, deseeded and thickly sliced
juice of 1 lime
2tbsp light muscovado sugar
6 cloves
1tsp coriander seeds
1tbsp medium curry powder
1 heaped tsp ground turmeric
good grating of nutmeg
1tbsp sunflower oil
½tsp large flaked sea salt
1 x 440ml can coconut milk

1 If using wooden skewers, pre-soak them prior to cooking, as this will help to prevent them from burning. First make the marinade. Roughly chop the onion and the coriander stalks and leaves. In a blender or food processor, blitz everything together except the coconut milk. Blend until the mixture is very well combined – you may need to remove the lid a couple of times and push the contents down with a spatula. Tip the marinade into a large shallow dish and add the coconut milk. Stir in thoroughly. Put to one side, covered, while the lamb is prepared.

2 Put the lamb on a board and trim off any gnarly or unwanted pieces. Cut the lamb into diagonal slices, roughly 2cm thick, then bash out each piece with your fist to flatten. Throw it into the marinade, making sure that all is combined well, and cover and chill for several hours.

3 Double thread the meat lengthways on to the skewers. Sprinkle the desiccated coconut over a large plate. Take the skewers, one at a time, and roll in the coconut until evenly covered. Turn to coat a couple of times.

4 Light the barbecue at least 30 minutes before you are ready to cook the lamb. When a thin layer of grey ash lightly covers the coals, it is time to cook. Place the lamb skewers on the barbecue close to the coals and cook for about 5 minutes on each side until golden and vaguely charred in places but tender and juicy within. (If the lamb starts to stick to the barbecue, cook on a piece of oiled foil.)

VALENTINE WARNER WHAT TO EAT NOW SPRING & SUMMER

VALENTINE WARNER'S *WHAT TO EAT NOW SPRING & SUMMER* (MITCHELL BEAZLEY, £14.99)
Valentine's new book, which accompanied his BBC Two TV series, aims, he says, to feed you "with recipes to freshen your spirit, lighten your step and engage you in joyful cooking." Whether enjoying the Greek breakfast, which combines thick yogurt with aromatic herbs and honey, or an updated version of an old favourite, such as Mackerel Niçoise or Crayfish tacos, there are more than 100 spring and summer recipes in which to indulge.

MAIN PHOTOGRAPH HOWARD SOOLEY

A number of recipes are dedicated to cooking over wood, and here I offer a delightful alternative to blackened sausages and distressed burgers

Valentine Warner's Coconut lamb

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

Simple baking

✢ Time spent baking is such a pleasure – and the results are sure to be appreciated, whatever the occasion

✢ There's nothing like the smell and taste of freshly baked bread... whether it's a traditional cottage loaf for the family or an impressive focaccia for a dinner party

✢ Yes, you can serve up indulgent desserts and cakes. We've cut the cals where we can – just remember to keep portions small

Garlic and parsley naan

Garlic and parsley naan

It's believed the antibacterial properties of nigella seeds aid stomach health.

PREPARATION TIME: 30 MINUTES, PLUS RISING
COOKING TIME: 6 MINUTES
MAKES 4
✓ EASY/PREPARE AHEAD/FREEZE

450g (1lb) plain white flour
50g (2oz) chickpea (or wholegrain) flour
½tsp sea-salt flakes
7g sachet fast-action yeast
40g (1½oz) parsley, chopped
4 garlic cloves, chopped
150ml (¼pt) live natural yogurt, chilled
1tbsp corn or sunflower oil
4tbsp flour, for kneading
3tsp nigella seeds (black onion seeds or kalonji)

1 Heat the oven to 230 C, 210 C fan, 450 F, gas 8. Put a large, heavy baking sheet or pizza stone on the top shelf of the oven. Mix the 2 flours, salt, yeast, parsley and garlic in a bowl. Stir with a fork to mix. In a measuring jug, measure out 150ml (¼pt) tepid water, then add the yogurt and oil. The mixture should be lukewarm. Test on the inside of your wrist – it should feel neither hot nor cold.
2 Mix the liquid into the dry ingredients and stir into a sticky ball. Turn it out and knead on a well-floured surface for 2 minutes until smooth. Return the dough to the bowl and cover. Leave to rise for 10 minutes (or more) in a warm place, then punch down and flatten into a circle. Cut into quarters, then pat into teardrop shapes. Pull and pat out each one until about 20cm (8in) in length, extending them equally widthways to retain the shape. Sprinkle all over with water and decorate with the nigella seeds. Slide or throw 2 breads quickly on to the heated sheet or stone, keeping the shapes. Bake for 6 minutes, until puffy and firm but still pale. Remove, then cook the remaining naan. Serve warm, in a cloth.
Per naan: 528 calories, 6g fat (1.5g saturated), 108g carbohydrate

Cottage loaf

Strong flour has a higher gluten content, which makes bread rise.

PREPARATION TIME: 25 MINUTES, PLUS RISING
COOKING TIME: 55 MINUTES
MAKES 2 LOAVES
✓ EASY/PREPARE AHEAD/FREEZE

500g (1lb 2oz) strong white bread flour (plus extra for kneading and dusting)
7g sachet fast-action yeast
2tbsp dried milk powder
1tsp fine sea salt
2tsp sugar
2tbsp melted butter or extra virgin olive oil
1 large free-range egg, beaten
1 free-range egg mixed with 1tbsp milk, to glaze

1 Combine the flour, yeast, milk powder, salt and sugar in a large bowl. Make a well in the centre. Using a fork, beat 300ml (½pt) lukewarm water with the butter or oil and egg, then add to the flour mixture, stirring to form a ball. Turn the dough out on to a floured surface and knead for 4 to 5 minutes, until silky.
2 Return the dough to the bowl and place inside a plastic bag. Leave to rise in a warm place for 50 minutes or until doubled in size.
3 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Turn the dough out on to a floured surface, punch down and briefly knead. Divide into 3 pieces; shape 2 into balls and place on an oiled baking sheet. Pat to flatten slightly.
4 Shape the remaining dough into 2 small balls. Elongate one end of each to a point. Wet the top of the large rounds and use a wooden spoon handle to make a deep hollow in the centre of each. Bond each "topknot" into position, point downwards, then brush the loaves with 2 coats of the glaze and dust with flour. Leave to rise for 10 minutes, then bake for 10 minutes. Reduce the oven temperature to 200 C, 180 C fan, 400 F, gas 6 and bake for a further 35 to 45 minutes, until golden and crusty. Serve warm or cold.
Per loaf: 1,076 calories, 22g fat (10g saturated), 200g carbohydrate

The aroma of fresh-baked bread has to be one of the best in the world, and the taste of this cottage loaf doesn't diasappoint either

BREAD know-how

Nothing beats the smell of freshly baked bread. So easy to make, yet it's a sure way to impress your guests.

- There are 3 types of yeast – fresh, dried and fast action. Fresh and dried need to be whisked with sugar and water and then left to froth, while fast-action yeast can simply be stirred into the flour.
- Knead your dough for at least 5 minutes, until it is springy to the touch.
- Use different glazes before baking: milk for soft-crust loafs, salt water for a crisp crust, and honey or syrup for sticky, sweet doughs.
- To test if your loaf is cooked, turn it upside down and knock on the base. It will sound hollow when it is cooked.

Try this
Replace the olives with roasted red onion or cheat a little with a jar of onion marmalade

Sun-dried tomato and olive focaccia

Sun-dried tomato and olive focaccia

Olive oil is rich in monounsaturated fats, thought to lower the risk of colon cancer.

PREPARATION TIME: 25 MINUTES, PLUS RISING
COOKING TIME: 35 MINUTES
SERVES 6 TO 8
EASY/PREPARE AHEAD/FREEZE

500g (1lb 2oz) strong, plain white flour
7g sachet fast-action dried yeast
1 level tbsp caster sugar
1 level tsp fine salt
2tbsp extra virgin olive oil
for the topping:
½ x 150g pack mini mozzarella balls, drained (around 10)
70g pack olives, pitted and halved
8 sun-dried tomatoes in oil, drained
1tbsp fresh rosemary, chopped
1 level tbsp coarse rock salt
1-2tbsp extra virgin olive oil, or oil from the jar of sun-dried tomatoes
you will need:
oiled baking sheet

1 Tip the flour into a bowl and stir in the yeast, sugar and salt. Add the olive oil to 300ml (½pt) warm water and pour into the flour. Mix together to form a dough. Knead for 8 to 10 minutes, until smooth and elastic.
2 Roll the dough out to a rectangle about 30 x 20cm (11¾ x 8in), place on the baking sheet and cover with a tea towel or oiled clingfilm. Leave in a warm place for 45 minutes, or until it has doubled in size.
3 Use the tips of your fingers to press through the dough, creating dimples in the surface. Scatter over the mozzarella balls, olives, tomatoes, rosemary and salt, and press lightly into the dough. Cover and leave for a further 5 to 10 minutes.
4 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Drizzle the oil over the dough and bake in the centre of the oven for 15 minutes. Turn down the oven to 180 C, 160 C fan, 350 F, gas 4 and cook for a further 15 to 20 minutes, or until the loaf is an even, golden colour and sounds hollow when tapped on its base. If the topping starts to brown too quickly, cover with foil or baking parchment.
5 Slide the loaf on to a wire rack. Serve warm or cold.
Per serving: 431-323 calories, 14.5-11g fat (3-2.5g saturated), 67-50g carbohydrate

Sultana scones

Sultana scones

As well as adding a burst of flavour, sultanas are packed with potassium.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 15 MINUTES
MAKES AROUND 8
EASY/PREPARE AHEAD

250g (9oz) self-raising flour
1 level tsp baking powder
50g (2oz) butter
2 level tbsp light brown soft sugar
100g (4oz) sultanas
1 free-range egg
around 100ml (4fl oz) milk
1 free-range egg, beaten, to glaze
1-2tbsp demerara sugar, for sprinkling
raspberry jam and clotted cream or 0% Greek yogurt, to serve
you will need:
5-6.5cm (2-2½in) fluted, round cutter
baking sheet, lined with baking parchment

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Sift the flour and baking powder into a bowl and rub in the butter until it resembles fine breadcrumbs. Stir in the sugar and sultanas.
2 Break the egg into a measuring jug and add enough milk to make the amount up to 150ml (¼pt). Whisk the mixture with a fork to break down the egg, then pour into the flour mixture and mix to form a soft dough.
3 Knead the dough very lightly to make a smooth ball; don't handle it too much or it will become tough. Pat out the dough to about 2cm (¾in) thickness and cut out as many rounds as possible – the best scones come from the first rolling. Pat out trimmings and cut more scones to use up the dough.
4 Place the scones, fairly close together, on the baking sheet. Brush the beaten egg over the top of the scones and sprinkle over the sugar. Bake the scones at the top of the oven for 12 to 15 minutes, or until they are light golden. Remove from the oven and place on a wire rack to cool.
5 Serve the scones split in half, topped with jam and some cream or yogurt.
Per serving: 214 calories, 7g fat (4g saturated), 36g carbohydrate

BAKING know-how & suppliers

Successful baking just requires confidence, some practise and a reliable recipe – and it's the one art in the kitchen where you need absolute precision. It also helps to have a few bits of kit:

- An oven thermometer. Many ovens are inaccurate, making one of these a lifesaver.
- Measuring spoons. Nearly all recipes are tested using proper measuring spoons for consistency and accuracy.
- Various non-stick cake tins. You must use the tin specified in the recipe, otherwise cooking times and oven temperatures won't be the same.

There are a couple of pitfalls to be aware of, too...

- Always bake on the middle shelf. If your oven has a hot spot, you'll need to turn the cake halfway through cooking.
- Don't fiddle with recipe quantities. A good cake is a chemical reaction, so relative quantities are crucial.
- Always use butter where necessary, as it's better to use a natural product than something manufactured, both for flavour and health. You don't eat cake everyday, and a little of what you fancy does you good!

We do a huge amount of baking so are confident in these suppliers, which we use for equipment, decorations, colours, flavourings and icings.

- Dr. Oetker (available in major supermarkets)
- Squires Shop, Farnham, Surrey (01252-260260; squires-shop.com)
- Lakeland (01539-488100; lakeland.co.uk)
- Cakes, Cookies & Crafts (01524-389684; cakescookies andcraftsshop.co.uk)

Fragrant custard filo tartlets

Fragrant custard filo tartlets

Basil has anti-inflammatory properties, making it good for people with arthritis.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 20 MINUTES
MAKES 24
EASY/PREPARE AHEAD

12 sheets filo pastry
85g (3½oz) unsalted butter, melted
4tsp caster sugar
for the basil custard:
300ml (½pt) milk
35g (1¼oz) basil leaves and stalks
3 free-range egg yolks
4 level tsp caster sugar
1 level tbsp cornflour
small basil leaves, for decoration
you will need:
8.5cm (3¼in) round pastry cutter
12-hole mini-muffin tray

1 Heat the oven to 180 C, 160 C fan, 350 F gas 4. Make the tartlets in 2 batches. Brush one sheet of pastry with a little butter and sprinkle with ½tsp of the sugar. Place another sheet of pastry on top, butter and sprinkle with another ½tsp sugar, then top with another sheet and butter it. Use the cutter to cut out 6 circles from the pastry. Fit them into the muffin tins. Layer up a further 3 pastry sheets, as above, to make 6 additional tartlet cases.

2 Bake the tartlets for 10 to 12 minutes, until golden. Leave for a minute in the tins, then remove and leave to cool on a wire rack. While the first batch is baking, layer up the rest of the filo and cut out 12 more rounds. Wipe the tin clean with kitchen paper and, when cool after the first batch, use for the second batch and bake as before.

3 To make the basil custard, warm the milk in a pan over a medium heat until it's hot, but not boiling. Take off the heat. Add the basil leaves and stalks and leave to infuse for about 20 minutes, squashing the stalks and leaves into the milk occasionally to extract extra flavour.

4 Whisk the egg yolks, sugar and cornflour in a bowl until thick and creamy. Strain the flavoured cream into the egg-yolk mixture.

5 Pour the mixture back into the pan and stir over a low heat for about 5 minutes or until the custard thickens. If it starts to get lumpy, whisk it lightly. Pour into a bowl, cover closely with clingfilm and chill. It will keep for a few days in the fridge, but you'll need to whisk it again.

6 Spoon the cooled custard into the pastry cases. Decorate at the last minute with small basil leaves. Eat within about 4 hours of filling with custard.

Per serving: 76 calories, 4.5g fat (2.5g saturated), 18g carbohydrate

Rum and raisin cake

Delicious dark chocolate contains cell-protecting antioxidants.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 45 TO 55 MINUTES
SERVES 12 TO 16
EASY/PREPARE AHEAD/ FREEZE (SPONGE ONLY)

100g (4oz) plain flour, sifted
175g (6oz) ground almonds
400g (14oz) dark chocolate
225g (8oz) unsalted butter
6 large free-range eggs, separated
250g (9oz) sugar
150g (5oz) seedless raisins, soaked in 150ml (¼pt) rum overnight

for the icing:

200g (7oz) dark chocolate
85g (3½oz) unsalted butter
2tbsp clear honey

you will need:

22cm (8¾in) round cake tin, oiled and lined with baking parchment

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Mix the flour and almonds. Melt the chocolate and butter in a bowl over a pan of simmering water. Stir occasionally and, once smooth, stir in 100ml (4fl oz) warm water.
2 Beat the egg yolks and sugar with an electric mixer until pale and thick. Add the melted chocolate and mix well. Fold in the flour and almonds, then mix in the raisins and rum. Whisk the egg whites to soft peaks, loosen the batter with a spoonful of the egg whites, then fold in the rest. Pour into the tin and bake for 45 to 55 minutes or until a skewer comes out clean. Cool completely before removing from the tin.
3 To make the icing, place all the ingredients in a bowl and melt together over a pan of simmering water, stirring until smooth. Pour over the middle of the cake and tilt so the icing drizzles over the sides. Decorate, if liked, with fresh rosebuds (wrap the ends with foil).
Per serving: 766-574 calories, 47-35g fat (23-18g saturated), 72-54g carbohydrate

Combining the best of both worlds – a drizzle and layer cake in one! Light sponge cakes sandwiched together with the refreshing summer flavours of elderflower and gooseberry

Gooseberry drizzle cake

Smart idea

We love the very British Belvoir Elderflower Cordial (widely available). Add sparkling water for a summer drink

Gooseberry drizzle cake

Treat yourself to a small slice of this wonderfully light summer cake.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 25 MINUTES
SERVES 12
EASY/PREPARE AHEAD/ FREEZE (SPONGE ONLY)

175g (6oz) butter, softened
175g (6oz) golden caster sugar
3 large free-range eggs, beaten
175g (6oz) self-raising flour, sifted
½tsp baking powder
1tsp elderflower cordial

for the filling:

175g (6oz) butter, softened
700g (1lb 9oz) icing sugar
4tbsp gooseberry jam

for the topping:

6tbsp icing sugar
2tbsp elderflower cordial

you will need:

2 x 20cm (8in) cake tins, oiled and lined with baking parchment

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Cream together the butter and sugar; gradually add the eggs, whisking all the time. Fold in the flour and baking powder; mix in the cordial. Divide the mixture between the cake tins and bake on the middle shelf of the oven for 20 to 25 minutes, until risen and springy to the touch. Leave to cool on a wire rack.
2 Make the filling: cream together the butter and icing sugar. Cut the cooled cakes in half horizontally. Spread each layer with butter icing and some of the jam, and sandwich together.
3 Combine the topping ingredients and drizzle over the cake.
Per serving: 628 calories, 26g fat (16g saturated), 101g carbohydrate

Carrot and pecan cake with cream-cheese frosting

Carrot and pecan cake with cream-cheese frosting

Pineapple contains vitamin C, which helps to keep the immune system healthy.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 40 MINUTES
SERVES 16
EASY/PREPARE AHEAD/ FREEZE (SPONGE ONLY)

75g (3oz) canned pineapple pieces
200g (7oz) self-raising flour
1tsp bicarbonate of soda
1tsp mixed spice
175g (6oz) soft dark brown sugar
150ml (¼pt) mild olive oil
2 free-range eggs
175g (6oz) carrots, peeled and grated
75g (3oz) pecan nuts, roughly chopped

for the frosting:

300g (10oz) cream cheese
75g (3oz) icing sugar, sifted
½ small orange, juice only
1tsp vanilla extract

you will need:

20 x 20cm (8 x 8in) loose-bottomed cake tin, lined with baking parchment

1 Heat the oven to 180 C, 160 C, 350 F, gas 4. Drain the pineapple pieces through a sieve and set aside. Put the flour, bicarbonate of soda, mixed spice and sugar in a bowl, then add the oil and the eggs. Using a mixer, mix at high speed for 3 seconds, until combined, then stir in the carrots, pineapple pieces and nuts.
2 Pour the mixture into the prepared cake tin and bake for 40 minutes, until a skewer inserted into the centre comes out clean. Remove from the tin and leave to cool on a wire rack.
3 Make the frosting by beating together the cream cheese and sugar with the orange juice and vanilla extract. Spread over the cooled cake and cut into squares.
Per serving: 295 calories, 20g fat (7g saturated), 27g carbohydrate

RECIPE KNOW-HOW

Philadelphia cream cheese works best as a frosting, but if you want to avoid the extra calories, top with 0% Greek yogurt mixed with a little icing sugar, vanilla and orange juice.

A swirl of strawberry jam makes these butterfly cakes look even prettier and adds a lovely hint of fruity flavour

Strawberry swirl butterfly cakes

Strawberry swirl butterfly cakes

Small enough to fix any craving without totally ruining any health-conscious diets.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES
MAKES 10
EASY/PREPARE AHEAD/ FREEZE (SPONGE ONLY)

for the cakes:
100g (4oz) caster sugar
100g (4oz) butter, softened
2 large free-range eggs
100g (4oz) self-raising flour
½tsp baking powder
1tbsp milk
for the buttercream:
50g (2oz) butter, softened
75g (3oz) icing sugar, plus extra for dusting
2tbsp strawberry jam
you will need:
10-hole muffin tray and paper cases
silver balls, to decorate (optional)

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Mix the sugar, butter, eggs, flour, baking powder and milk in a bowl with an electric whisk until pale and creamy.
2 Divide the mixture between the muffin cases and bake for 15 to 20 minutes, until risen, golden and firm to the touch. Transfer to a cooling rack. Leave to cool.
3 To make the buttercream, place the butter in a bowl and sift over the icing sugar. Beat until smooth. Gently swirl through the strawberry jam.
4 Slice the tops off each cake and fill the cavities with a little buttercream. Cut each sliced top in half and arrange on top of the filling to resemble butterfly wings. Add a few silver balls and dust lightly with icing sugar.
Per cupcake: 240 calories, 14g fat (8g saturated), 27g carbohydrate

Nectarine and almond tart

Almonds are a good source of protein, and the nectarines are high in beta-carotene.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING
COOKING TIME: 1 HOUR
SERVES 12
PREPARE AHEAD

400g (14oz) all-butter shortcrust or sweet shortcrust pastry
200g (7oz) whole blanched almonds
150g (5oz) caster sugar
125g (4½oz) unsalted butter, softened
2 large free-range eggs
400g (14oz) ripe nectarines, cut into eighths
you will need:
28cm (11in) fluted flan tin

1 Line the flan tin with the pastry, leaving an overlap. Chill in the fridge for about 30 minutes.
2 Meanwhile, whizz the almonds in a food processor until they resemble coarse breadcrumbs. Then whizz the sugar and butter together. Add the almonds and eggs. You should have a thick paste. Heat the oven to 180 C, 160 C fan, 350 F, gas 4.
3 Line the pastry case with foil and fill with baking beans. Bake until the edges are very lightly browned, about 15 to 20 minutes, then remove the foil and beans and bake for a further 5 to 10 minutes. Trim the overhanging pastry and discard.
4 Add the almond filling and arrange the nectarines on top. Bake for 30 minutes, until the filling is golden and the nectarines are shrivelled and juicy. Allow the tart to cool slightly in the tin before serving with clotted cream, ice cream or yogurt. This is lovely the day after, when it will go slightly gooey.
Per serving: 416 calories, 28g fat (9g saturated), 35g carbohydrate

Try this

This recipe would work well with plums as well – just halve them and arrange them fruit side up

Nectarine and almond tart

Crammed with delicious fruit, nuts, chocolate and sweet wine, this versatile tart will be equally at home as a chic pudding, teatime treat or as a perfect end to a picnic

Italian fruit and nut tart

Italian fruit and nut tart

Marsala-soaked sultanas add sweetness to this tart as well as being high in fibre.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
COOKING TIME: 35 MINUTES, PLUS COOLING
SERVES 12
EASY/PREPARE AHEAD

250g (9oz) shortcrust pastry
125g (4½oz) unsalted butter, softened
125g (4½oz) caster sugar
2 large free-range eggs
½tsp vanilla extract
175g (6oz) ground almonds
75g (3oz) sultanas, soaked in 2tbsp Marsala
50g (2oz) dark chocolate chips
50g (2oz) skinned hazelnuts, roasted and roughly chopped
25g (1oz) chopped candied peel
for the mascarpone cream:
250g (9oz) light mascarpone
finely grated zest 1 orange
150ml (¼pt) Greek yogurt
you will need:
a greased 23cm (9in) fluted tart tin
baking beans and parchment

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Line the tart tin with the pastry, rest in the fridge for half an hour, then bake blind for 10 minutes. Remove the paper and return to the oven for a further 5 minutes or until the base is golden. Reduce the oven temperature to 170 C, 150 C fan, 325 F, gas 3.
2 To make the filling, beat the butter and sugar with an electric hand whisk until pale and fluffy. Whisk together the eggs and vanilla, then whisk into the butter and sugar mixture in a thin stream until mixed.
3 Stir in the ground almonds, and add all the remaining ingredients. Mix well, spoon into the tart tin, smooth the surface and cook for 30 to 35 minutes, or until the filling is golden brown and firm to the touch. Cool in the tin for an hour, and dust with icing sugar before serving.
4 To make the mascarpone cream, mix the mascarpone and orange zest, then stir in the Greek yogurt. Serve a dollop on the side of the tart.
Per serving: 470 calories, 35g fat (10g saturated), 31g carbohydrate

Madeleines

Smart idea
Madeleines don't keep – eat them fresh from the oven with a frothy cappuccino

Madeleines

Honey contains as many antioxidants as spinach, apples, oranges or strawberries.

PREPARATION TIME: 15 MINUTES, PLUS RESTING
COOKING TIME: 10 MINUTES
MAKES 12
EASY

100g (4oz) unsalted butter
½tbsp clear honey
2 free-range eggs
85g (3½oz) caster sugar
1tbsp soft brown sugar
½tsp vanilla extract
100g (4oz) plain flour, plus extra for the tin
1tsp baking powder
you will need:
Madeleine tin, greased

1 Melt 85g (3½oz) of the butter with the honey and leave to cool. Whisk together the eggs, sugars and vanilla. Sift in the flour and baking powder, then add the butter mix. Leave to rest for 1 hour at room temperature, covered. Heat the oven to 180 C, 160 C fan, 350 F, gas 4.
2 Melt the remaining butter and paint the Madeleine moulds with it. Dust with the extra flour, shaking off any excess. Spoon in the batter so that each mould is about two-thirds full (around 1tbsp). Bake for 8 to 10 minutes. Cool in the tin for 1 or 2 minutes. Remove, then cool on a wire rack, patterned side uppermost. Dust liberally with icing sugar and serve with fresh fruit.
Per Madeleine: 141 calories, 8g fat (5g saturated), 16g carbohydrate

Pink meringues with strawberry cream

Pink meringues with strawberry cream

The flavonoids in strawberries may help to reduce the build-up of cholesterol.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 1 HOUR, PLUS COOLING
MAKES 12
EASY/PREPARE AHEAD

3 free-range egg whites
150g (5oz) refined caster sugar
2tsp grenadine syrup
12 strawberries, sliced, to decorate
for the strawberry cream:
300ml (½pt) Greek yogurt
150ml (¼pt) half-fat crème fraîche
4tsp icing sugar, sifted
2tsp crème de cassis (blackcurrant liqueur)
185g (6½oz) strawberries, chopped
for the strawberry sauce:
200g (7oz) strawberries
1tbsp icing sugar
1tbsp crème de cassis

1 Heat the oven to 110 C, 90 C fan, 225 F, gas ¼.
2 Whisk the egg whites in a large bowl until stiff. Gradually add the sugar and whisk until shiny. Whisk in the grenadine.
3 Line 2 baking sheets with baking parchment and arrange 6 spoonfuls of the meringue mixture, spaced well apart, on each sheet. Using a spoon, make a small indent in the top of each meringue.
4 Place the baking sheets in the oven and bake for 1 hour or until the meringues are just set, but not coloured. Turn off the oven and leave for 2 hours or overnight to prevent them cracking.
5 To make the strawberry cream, mix the yogurt, crème fraîche, icing sugar, crème de cassis and strawberries together in a bowl.
6 To make the sauce, blitz the strawberries, icing sugar and 1tbsp cassis together until smooth.
7 To serve, place 2 meringues on each plate, top with the strawberry cream and drizzle with the sauce. Decorate with sliced strawberries.
Per meringue: 136 calories, 4g fat (3g saturated), 22g carbohydrate

RECIPE KNOW-HOW

For better flavour, allow your strawberries to come to room temperature before eating them. You could sprinkle a little sugar over them, too. Wash and handle them gently to avoid bruising.

Fresh berry tarts

Berries are crammed with vitamin C – great support for the immune system.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
COOKING TIME: 30 MINUTES
MAKES 8
EASY

for the pastry:
175g (6oz) plain flour
1tbsp caster sugar
100g (4oz) chilled butter, cut into slivers
1 free-range egg yolk
for the filling:
16tbsp strawberry, raspberry or blueberry conserve or jam
about 50g (2oz) fruit per tart (such as strawberries, raspberries or blueberries)
icing sugar, for dusting
half-fat crème fraîche, to serve
you will need:
8 x 10 to 12cm (4 to 4¾in) tart tins
baking parchment and baking beans

1 To make the pastry, put the flour, sugar and a pinch of salt in a food processor, along with the butter, and pulse to a fine crumb. Add the egg yolk and 2tbsp cold water and mix to a firm dough. Shape into a flat rectangle, wrap in clingfilm and chill for 30 minutes.
2 Roll out the pastry large enough to cut out five rounds easily (3mm/⅛in thick). Cut out rounds just a little bigger than the tins. Line tins and trim edges. Knead trimmings and roll pastry again so it's large enough to line 3 more tins. Prick pastry bases and sides with a fork. Chill while oven heats to 200 C, 180 C fan, 400 F, gas 6.
3 Line each pastry case with a square of baking parchment. Put in the baking beans and bake blind on a shelf near the bottom of the oven for 10 minutes.
4 Remove the beans and paper and return to oven for 5 minutes.
5 Spread 2tbsp of conserve in each tart. Return tarts to the oven for 15 minutes. Cool in the tins, then on a wire rack.
6 Before serving, cut the strawberries into wedges and arrange on top, or spoon on raspberries or blueberries. Dust with icing sugar and serve with the crème fraîche.
Per serving: 230 calories, 11g fat (7g saturated), 31g carbohydrate

Delicious fresh berries, crisp pastry and fruity conserve – could there be a nicer way to add to your five-a-day?

Try this
Use fresh custard instead of the jam. Spoon into the baked pastry cases, chill, then top with the fruit

Fresh berry tarts

A MODEL THROUGHOUT THE 1990s, LORRAINE CHANGED CAREER COMPLETELY WHEN SHE DECIDED TO TURN HER ATTENTION TO HER REAL PASSION – COOKING. SHE IS NOW A QUALIFIED CHEF AND BAKER, WITH YEARS OF EXPERIENCE GAINED FROM WORKING IN SOME OF THE COUNTRY'S MOST SUCCESSFUL RESTAURANTS. AS LORRAINE SAYS, "I HAVE ALWAYS FOUND A SENSE OF PURPOSE AND A STRENGTH OF MIND WHEN I AM IN THE KITCHEN."

LORRAINE PASCALE'S

My big fat carrot cake

A no-holds-barred cake with three moist spiced layers of pure excess. If you don't fancy making this sky-high cake, which takes a whopping nine eggs, then knock off a third of the ingredients and make a more humble two-layer cake instead.

Makes a three-tier 23cm (9in) round cake

PREPARATION TIME: 25 MINUTES
COOKING TIME: 45 MINUTES
SERVES 12
EASY/PREPARE AHEAD

525ml (19fl oz) vegetable oil
9 free-range eggs, lightly beaten
525g (1lb 3oz) soft dark brown sugar
420g (15oz) carrots, peeled and grated
grated zest 3 large oranges
525g (1lb 3oz) self-raising flour
pinch of salt
1tbsp bicarbonate of soda
1½tbsp mixed spice
seeds of 1 vanilla pod or 2 drops vanilla extract

for the cream-cheese frosting:
200g (7oz) icing sugar
40g (1½oz) butter, cubed
finely grated zest 1 lemon
seeds of ½ vanilla pod or 1 drop vanilla extract
115g (4½oz) low-fat cream cheese, chilled
handful pecans or walnuts, to decorate

you will need:
3 x 23cm (9in) round cake tins

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Prepare the tins by oiling the insides and lining the bases with baking paper.

2 Put the oil, eggs, sugar, carrots and orange zest in a large bowl and mix with a wooden spoon. If you're making all three tiers, you may have to do this in batches. Mix the flour, salt, bicarbonate of soda and mixed spice together, then sift into the bowl. Add the vanilla and lightly mix everything together until the mixture is uniform but still soft and runny. Ladle into the prepared tins and bake in the oven for 40 to 45 minutes. Ovens vary, so have a peek after 30 minutes to see how the cakes are getting on. The cakes are ready when the sponge springs back if pushed lightly. A skewer inserted into the middle should come out clean. Leave to cool for 5 minutes or so, then turn out onto a wire rack and peel off the paper.

3 For the cream-cheese frosting, mix the icing sugar, butter, lemon zest and vanilla together in a bowl, then whisk well to combine. Stir in the cream cheese. If the mixture looks too runny, put it in the fridge for 10 to 12 minutes to harden up. When the cakes are cool, take two of them and use a large, sharp knife to slice off the domed tops, leaving them completely flat. Don't slice the top off the third cake.

4 Put a dollop of frosting in the middle of a serving plate or stand to stop the cake from sliding. Take one of the flattened cakes and place it on top. Then pop a big spoonful of frosting onto it and spread all over, leaving a 2.5cm (1in) gap around the edge so that the frosting does not squelch over too much when you add the next layer. Put the next flattened cake on top and repeat with more frosting. Put the unsliced tier on the top, cover generously with frosting and decorate with toasted nuts, if desired.

Baking Made Easy
LORRAINE PASCALE
100 fabulous, easy to bake recipes

LORRAINE PASCALE'S *BAKING MADE EASY* (HARPER COLLINS, £18.99)

Baking is back, and in her first book, expert Lorraine shares her skills, experience, passion and all-time favourite recipes, with sections devoted to specialist breads, cakes, savoury baking, desserts and patisserie, and dinner parties. As Lorraine says, "I hope I have written a book that comprehensively covers all the classics, but dares to give them a twist – one that sits between practical and inspiring."

MAIN PHOTOGRAPH MYLES NEW

For me, cakes say cosiness, home, warmth and love. Whatever the occasion, there's always room for a cake

Lorraine Pascale's My big fat carrot cake

Special weekends

+ **While cooking often feels like a chore during the week when time is short, it can be a real pleasure when the day – and a great recipe – is spread out before you**

+ The weekend is all about taking time with family and friends, and nothing brings people together like a great meal and great company

+ **Roasts, tarts, salads and seafood – it's all on the menu...**

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

✢ GREAT FOR VEGGIES

Give pasta a lighter touch in this super-simple dish with the season's asparagus – and it's ready in under 20 minutes

Goats' cheese-filled pasta with mushrooms, aspargus and rocket (recipe page 98)

An underused vegetable, fennel marries well with courgette and really adds to this dish with its distinctive flavour

Try this
This delicious combination of vegetables works really well with a whole salmon, too

Oven-baked trout stuffed with fennel and courgettes (recipe page 98)

Try this

Roast chicken works with most herbs, so use whatever you have in the garden – thyme, rosemary and sage all go well

Roast chicken with herb butter (recipe page 98)

The classic Caesar salad never falls out of favour. Crisp romaine lettuce, crunchy croûtons and omega-3-rich anchovies – perfect for a light summer lunch

Classic Caesar salad (recipe page 99)

Super-filling, high-protein shellfish is the best source of zinc, vital for a healthy immune system

Seafood molee (recipe page 99)

When presentation matters, this is a perfect way to serve crab – mixed with mayonnaise and a great combination of spices

Get ahead
As long as your crab is spanking fresh, this will keep overnight in the fridge

Shetland crab, cucumber and avocado salad **(recipe page 99)**

ELEGANT SUMMER DINING ✢ Food for friends

Goats' cheese-filled pasta with mushrooms, asparagus and rocket

Mushrooms are a rich source of selenium, which helps protect against free radicals.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
SERVES 6 AS A STARTER
✓ EASY

1tbsp olive oil, plus extra to drizzle
knob of butter
250g (9oz) chestnut mushrooms, halved
100g (4oz) asparagus tips
1 garlic clove, finely chopped
300g pack fresh filled pasta (such as Sainsbury's TTD Caramelised Onion & Goats' Cheese Mezzaluna)
handful wild rocket
50g (2oz) Parmesan

1 Heat the olive oil and butter in a large, shallow frying pan. Add the mushrooms and asparagus and fry for 3 to 5 minutes, until tender and the mushrooms are golden. Stir in the garlic and remove from heat.
2 Meanwhile, cook the pasta according to the pack instructions. Drain and add to the frying pan. Season and add the rocket. Toss together, scatter over Parmesan shavings and drizzle with olive oil to serve.
Per serving: 177 calories, 10g fat (3g saturated), 13g carbohydrate

Oven-baked trout stuffed with fennel and courgettes

The flavourful caper is super-high in antioxidants and super-low in calories.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 30 MINUTES
SERVES 6
✓ EASY

2 fennel bulbs, finely sliced, fronds removed and chopped
200g pack baby courgettes, sliced
zest and juice 1 lemon
2tbsp chopped fresh dill
3tbsp capers
6 trout, about 250g (9oz) each, cleaned
1tbsp olive oil
50g (2oz) flaked almonds

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the fennel and its fronds, courgettes, lemon zest and juice, dill and capers into a bowl. Season with black pepper and toss everything together.
2 Brush the trout all over with olive oil and arrange in 1 or 2 roasting tins. Stuff the fennel mixture into the cavity of each fish.
3 Cook for 15 minutes, then scatter over the almonds and cook for a further 10 to 15 minutes. The flesh should come away from the bone easily and should be opaque.
Per serving: 304 calories, 14g fat (2g saturated), 2g carbohydrate

Roast chicken with herb butter

Roast chicken is always a crowd pleaser, and it's a healthy alternative to red meat.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 1 HOUR 40 MINUTES
SERVES 6
✓ EASY

25g (1oz) butter
½tbsp chopped fresh parsley
½tbsp chopped fresh thyme
1.8kg (4lb) free-range chicken
½ lemon
175ml (6fl oz) white wine

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Mix together the butter and herbs, season well and spread under and over the skin of the chicken. Squeeze over the lemon half and then put it in the cavity of the chicken.
2 Put the chicken in a roasting tin with the wine and 150ml (¼pt) water and roast for 1 hour 40 minutes (see timing guide below), until the skin is golden and the juices run clear. Leave to rest for at least 15 minutes, covered, in a warm place
Per serving: 262 calories, 6g fat (3g saturated), 0.5g carbohydrate

✢ ROAST CHICKEN KNOW-HOW

When roasting chicken, you need to vary the timing according to the size of the bird: the rule is 20 minutes per 450g (1lb), plus 20 minutes.

GOATS' CHEESE RECIPE JENNIFER BEDLOE

Classic Caesar salad

Anchovies add a lot of flavour – and are a great source of omega-3 fatty acids.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 MINUTES
SERVES 6
✓ EASY

medium baguette, torn into chunks
3tbsp olive oil
50g (2oz) Parmesan, grated
2 large free-range eggs
5 anchovy fillets, drained
½tsp mustard powder
splash each Worcestershire and Tabasco
juice ½ lemon
150ml (¼pt) olive oil
1 head romaine lettuce, chopped
3 baby gem lettuces, roughly chopped
25g (1oz) marinated silver anchovies

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. To make the croûtons, toss the baguette chunks in the olive oil and half the Parmesan, season and bake in a roasting tin for 15 minutes, until crisp.
2 Put the eggs, anchovy fillets, mustard powder, Worcestershire, Tobasco and lemon juice into a food processor, and whizz until smooth. With the motor running, gradually add the oil until you have a smooth dressing. Stir in the remaining Parmesan and set aside.
3 Arrange the lettuce in a bowl and scatter over the anchovies and croûtons. Drizzle over the dressing and serve.
Per serving: 410 calories, 31g fat (6g saturated), 24g carbohydrate

Seafood molee

Studies have found eating shellfish helps to lower blood-cholesterol levels.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 25 MINUTES
SERVES 4
EASY/PREPARE AHEAD

1 handful fresh parsley, tied in a bunch
8 live razor clams
1kg (2lb 4oz) mussels, cleaned
300g (10oz) clams or cockles
vegetable stock
3tbsp sunflower oil
2 onions, chopped
4 garlic cloves, crushed
1tsp each ground turmeric, cumin, coriander and chilli
4 carrots, chopped in 2cm (¾in) chunks
200g (7oz) celery or fennel, sliced
1 medium potato, grated
400ml can reduced-fat coconut milk
200ml (7fl oz) half-fat crème fraîche

1 Put the parsley and shellfish into a saucepan with 4tbsp water and bring to the boil. Cover and cook for 5 to 7 minutes, or until the shells have opened.
2 Drain in a fine sieve over a bowl. Discard the parsley. Make the strained liquid up to 300ml (½pt) with vegetable stock. Stir the oil, onions, garlic, spices, carrots and celery in the pan over a high heat for 5 minutes. Add the stock, potato, coconut milk and crème fraîche. Simmer for 10 minutes. Add the shellfish to the sauce and heat through.
Per serving: 480 calories, 28g fat (16g saturated), 26g carbohydrate

Shetland crab, cucumber and avocado salad

Despite its low fat and calorie content, crab has 20g of protein per serving.

PREPARATION TIME: 20 MINUTES
SERVES 4
EASY/PREPARE AHEAD

4 prepared Shetland Isles crabs (in their shells)
2tbsp reduced-fat mayonnaise
8 pinches Chinese 5-spice powder
2tsp Pernod, pastis or ouzo (optional)
juice ½ lemon
1 hass avocado, soft-textured but firm
½ cucumber

1 Remove the crab meat and tip into a bowl with the mayonnaise, 5-spice, Pernod (if using) and a little lemon juice. Gently mix. Use a floating blade peeler to skin the avocado. Halve it and cut the flesh into discs or cubes. Sprinkle the remaining lemon juice over the avocado.
2 Use the floating blade peeler to cut 12 or 16 long ribbons of cucumber, and curl these into rings. Dice some of the remaining cucumber. Gently pile the crab meat, avocado and cucumber curls and cubes into the shells. Serve chilled with thinly sliced and buttered baguette or sourdough bread.
Per serving: 300 calories, 18g fat (3g saturated), 2g carbohydrate

✢ GREAT FOR VEGGIES

Baby gem lettuce with avocado and Parmesan, and Baby roast potatoes (recipes on page 102)

Marinating the lamb makes it super-tender, and the herbs give it a fantastic flavour

Try this

If you don't have fresh oregano to hand, or just to ring the changes, you could use marjoram or rosemary

Marinated roast lamb with oregano, garlic and lemon (recipe page 102)

SUNDAY ROAST ✣ With a twist

Baby gem lettuce with avocado and Parmesan

Avocado is a vitamin-E powerhouse, essential for healthy, youthful skin.

PREPARATION TIME: 10 MINUTES
SERVES 8
✓ EASY

4 whole baby gem lettuces
4 ripe avocados
juice 1 lemon
3-4tbsp extra virgin olive oil
Parmesan shavings, to serve

Place the lettuce leaves in a bowl. Halve, de-stone and peel the avocados, then slice and add to the lettuce. Mix the lemon juice and olive oil; season well. Toss the dressing with the salad, then top with the Parmesan.
Per serving: 195 calories, 20g fat (5g saturated), 1.5g carbohydrate

✣ TRY THIS
Instead of lemon in the dressing, try balsamic vinegar for a richer flavour.

Baby roast potatoes

Garlic's antibacterial properties make it a good remedy for coughs and sore throats.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 45 MINUTES
SERVES 8
✓ EASY

1kg (2lb 4oz) waxy new potatoes, such as Charlotte
2 heads garlic, cloves separated but not peeled
good sprig rosemary, leaves chopped
75ml (3fl oz) olive oil

Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Halve any bigger potatoes – you want them to be no more than walnut-sized. Simply toss everything together in a bowl, tip into a roasting tin and season well. They will need around 45 minutes until tender.
Per serving: 150 calories, 7g fat (1g saturated), 20g carbohydrate

Marinated roast lamb with oregano, garlic and lemon

Oregano has powerful antioxidant and antibacterial properties.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 1 HOUR 10 MINUTES
SERVES 8
✓ EASY/PREPARE AHEAD

leg of lamb, butterfly boned, around 1.25-1.4kg (2lb 12oz-3lb 4oz) boned weight
4 garlic cloves, crushed
big handful chopped fresh oregano
zest and juice 1 lemon
3tbsp olive oil

1 Open out the lamb, skin side down. Make slashes in the flesh, but not cutting through to the skin. You'll see it's uneven, so cut well through the thicker bits to ensure the marinade will permeate. Mix together the remaining ingredients then, with your hands or a spatula, rub most of the marinade into the flesh. Roll up the lamb and tie with butcher's string. Put into a non-metallic bowl, then make a few narrow slashes into the skin and rub in any remaining marinade and juice. Cover with clingfilm and marinate for at least 3 hours, but preferably overnight.
2 To cook the lamb, heat the oven to 220 C, 200 C fan, 425 F, gas 7. Get the lamb to room temperature then roast for 20 minutes, then turn the oven down to 180 C, 160 C fan, 350 F, gas 4 and roast for a further 50 minutes. This will give you lamb that's only slightly pink. Cook for 10 minutes less for pink lamb and 10 more for well done. Allow the lamb to rest in the tin for 10 to 15 minutes before carving. Serve with the roasting juices poured over.
Per serving: 280 calories, 17g fat (7g saturated), 0g carbohydrate

✣ TRY THIS
If you have a barbecue with a lid, it's a fantastic way to cook this lamb. Start on the hot spot, then move it to an area with medium heat. Use a meat thermometer to check for done-ness.

Oriental green vegetables

Steaming vegetables is the healthiest way to cook them, as it preserves the nutrients.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
SERVES 4
✓ EASY/PREPARE AHEAD

250g (9oz) courgettes, sliced
150g (5oz) peas, fresh or frozen
150g (5oz) mangetout
1tbsp groundnut oil
200g (7oz) oyster mushrooms
2 garlic cloves, finely sliced
1tsp finely grated ginger
1tbsp rice vinegar
1tsp sugar
2tbsp light soy sauce

Steam the courgettes, peas and mangetout for around 3 minutes, then leave to cool. Heat the oil in a frying pan and sauté the mushrooms with the garlic for a few minutes until soft. Leave to cool. In a large salad bowl, mix together the grated ginger, rice vinegar, sugar and soy sauce. Add the prepared vegetables, toss gently and season to taste.
Per serving: 93 calories, 4g fat (1g saturated), 9g carbohydrate

FEEL GOOD+

✣ HEALTH BOOST
The advantage of serving a big bowl of these delicious vegetables with a roast is that suddenly you give it a healthier twist. This recipe will give you four of your five-a-day, plus extra nutrients and lovely antioxidants. There's no fat in the dressing either. Another option, if your roast doesn't really warrant an Asian feel, is to dress the veg with a good-quality balsamic, red wine or sherry vinegar. Perhaps whisk in a little Dijon mustard or a drizzle of extra virgin olive oil. Fresh herbs perk them up, too – tarragon is good with chicken, and parsley works with beef or lamb.

+ GREAT FOR VEGGIES

The light ginger and soy sauce flavours just might make this medley of veg the standout dish of Sunday dinner

+ Try this

Make this a main course by adding some firm tofu: cut it into cubes and fry in a little oil, then mix in with the veg

Oriental green vegetables

Lobster, avocado and asparagus salad

Ginger prawn salad

SNACKS OR STARTERS ✢ Light and luxe!

Lobster, avocado and asparagus salad

Eating crucifers, such as watercress, lowers the risk of contracting colon cancer. Lobster is a treat, but a healthy, high-protein choice.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 2
✓ EASY

1 carrot and 1 celery stick, chopped
½ small onion, chopped
1 bay leaf
2 uncooked lobster tails, shell on
150g (5oz) asparagus tips
85g (3½oz) watercress
1 avocado, peeled and thickly sliced
4tbsp olive oil
juice ½ lemon

1 Put the carrot, celery, onion, bay leaf and a pinch of sea salt in a medium saucepan, add 500ml (18fl oz) water, and bring to the boil. Add the lobster and simmer for 8 to 10 minutes. Remove the lobster, discarding the stock, and leave to cool. Then peel and thickly slice.
2 Cook the asparagus tips in boiling, salted water for 5 minutes. Drain and refresh under cold water. Cut in half.
3 Put the watercress, avocado, asparagus and sliced lobster in a bowl. Whisk the oil, lemon juice and seasoning. Toss with the salad and serve.
Per serving: 462 calories, 39g fat (7g saturated), 3g carbohydrate

Ginger prawn salad

Use reduced-fat mayonnaise in the dressing to lower the fat and calories – you'll hardly notice the difference in taste.

PREPARATION TIME: 5 MINUTES, PLUS CHILLING
COOKING TIME: 3 MINUTES
SERVES 4
✓ EASY

300g (10oz) cooked king prawns
1tsp grated ginger
zest and juice 1 lime
2tbsp olive oil
125g (4½oz) asparagus tips
2tbsp mayonnaise
2tbsp runny honey
200g (7oz) rocket

Rinse and drain the prawns, then place in a non-metallic bowl with the ginger, lime zest and oil. Cover and refrigerate for at least 1 hour. Boil the asparagus for 3 minutes, then drain, rinse under cold water and dry on kitchen paper. To make the dressing, mix the mayonnaise, lime juice and honey, and season to taste. Place the rocket in a bowl and top with the asparagus, prawns and their marinade. Drizzle over the dressing and toss.
Per serving: 200 calories, 12g fat (2g saturated), 7g carbohydrate

+ GREAT FOR VEGGIES

Baby beetroot and Wensleydale salad

Gorgonzola, avocado and pancetta salad

Baby beetroot and Wensleydale salad

Beetroot is high in folate, which we need for healthy red blood cells. Now you can buy pre-cooked beetroot that isn't in vinegar.

PREPARATION TIME: 20 MINUTES
SERVES 4
✓ EASY

1tbsp balsamic vinegar
2 sprigs rosemary, leaves finely chopped
1 heaped tsp wholegrain mustard
1tsp honey
3tbsp rapeseed oil
2 little gem lettuces, washed and leaves separated
1 bunch watercress
500g (1lb 2oz) cooked baby beetroot, quartered
150g (5oz) Wensleydale cheese
25g (1oz) pumpkin seeds, toasted

1 To make the dressing, combine the vinegar, rosemary, mustard and honey in a bowl. Gradually whisk in the rapeseed oil and season.
2 Put the lettuce, watercress and beetroot into a bowl. Drizzle with the dressing and toss.
3 Divide the mixture between 4 plates. Crumble over the Wensleydale and scatter with the pumpkin seeds. Serve immediately.
Per serving: 270 calories, 23g fat (9g saturated), 4g carbohydrate

Gorgonzola, avocado and pancetta salad

Pancetta packs a lot of flavour into thin slices. If Gorgonzola is too strong for your liking, use mild goats' cheese instead.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 8
✓ EASY

1 garlic clove, crushed
2tsp Dijon mustard
1tbsp red wine vinegar
6tbsp extra virgin olive oil
2 shallots, finely chopped
1tsp finely chopped fresh parsley
225g (8oz) mixed salad leaves, washed
1 head chicory, finely sliced
4 ripe avocados, peeled and sliced
400g (14oz) Gorgonzola, cubed
16 slices pancetta, grilled and roughly chopped

1 Put the garlic and mustard in a bowl and whisk in the vinegar. Gradually add the olive oil, stir in the shallots, parsley and seasoning.
2 To assemble the salad, mix 2tbsp dressing with the salad leaves and chicory, and arrange on 8 plates. Add the avocado, and scatter some cheese and pancetta over each portion. Spoon a little more of the dressing over the top and serve immediately.
Per serving: 426 calories, 38g fat (16g saturated), 1.5g carbohydrate

"TRENDS COME AND GO, BUT CERTAIN CLASSICS HAVE STOOD THE TEST OF TIME, AND I'VE FOUND THAT THE SIMPLEST RECIPES OFTEN GET THE MOST POSITIVE FEEDBACK," SAYS BILL GRANGER. AND WHAT'S EASIER AND MORE OF A CROWD-PLEASER THAN A POT OF CHILLI? THIS IS MADE WITH HIGH-FIBRE BLACK BEANS, WHICH HELP TO LOWER CHOLESTEROL LEVELS AND ALSO PREVENT BLOOD SUGAR RISING TOO QUICKLY AFTER A MEAL, MAKING THEM IDEAL FOR DIABETES SUFFERERS.

BILL GRANGER'S

Black bean chilli

There seems to be a mass Mexican wave happening at the moment, particularly in London restaurants, so black beans are everywhere. This is a contemporary version of a favourite party food that seems almost biblical in its ability to feed crowds of people. It can be stretched out even further with tortillas or rice, corn salsa and a good pile of freshly chopped coriander. This also works well with chickpeas in place of black beans.

PREPARATION TIME: 20 MINUTES, PLUS SOAKING
COOKING TIME: 1 HOUR
SERVES 4 TO 6
EASY/PREPARE AHEAD/FREEZE

400g black beans, rinsed and drained (or 800g canned black beans)
2tbsp olive oil
1 onion, finely chopped
2 courgettes, chopped
2 celery stalks, finely chopped
2 garlic cloves, crushed
1 long red chilli, finely chopped (deseeded first, if you like)
1tsp ground coriander
1tsp ground cumin
4 tomatoes, chopped
juice of 1 lime

for the corn salsa:

1½tbsp olive oil
300g corn kernels, cut from the cob
1 small onion, finely chopped
1tbsp lime juice
1 green chilli, finely chopped (deseeded first, if you like)
crumbled feta or soured cream, diced avocado, lime wedges, chopped coriander and warm tortillas or rice, to serve

1 Soak the beans for 8 hours in a bowl of cold water, and then drain. Put the beans in a large saucepan and cover with water. Bring to the boil, reduce the heat and simmer for 30 minutes, then drain.

2 Heat the oil in a large, heavy-based pan over a medium-low heat. Add the onion, courgettes and celery and cook for 6 to 7 minutes, stirring occasionally, until slightly softened. Add the garlic, chilli and spices and cook, stirring, for 1 to 2 minutes until fragrant.

3 Stir in the tomatoes, beans and 125ml water and bring to the boil. Reduce the heat to very low and simmer, stirring frequently, for 10 to 15 minutes until thick. Stir in the lime juice and season with sea salt and ground black pepper.

4 Meanwhile, make the corn salsa. Heat 1tbsp of the oil in a large frying pan over a high heat. Add the corn and cook, stirring frequently, for 3 to 4 minutes. Tip the corn into a large bowl and stir in the onion, lime juice, chilli and remaining oil. Season with sea salt and pepper. Serve with the chilli, some feta, avocado, coriander, lime wedges and warm tortillas or rice.

BILL GRANGER'S *BILL'S BASICS* (QUADRILLE, £25)

Busy lives make it difficult for home cooks to master those classic (and intricate) dishes, but with *Bill's Basics*, it's now easily achievable. The popular Aussie chef and restaurateur has taken old favourites and simplified their techniques, giving them a modern twist that best suits a 21st-century lifestyle. From Salt and pepper squid and Thai beef salad to Pavlova with brown sugar and strawberries, increasing your repertoire of dishes from around the world has never been so delicious or easy.

MAIN PHOTOGRAPH MIKKEL VANG

Vegetables lead my cooking and I've spent years perfecting recipes that will make you, whether meat-eater or veggie, love them

Bill Granger's Black bean chilli

of delicious recipes!

Dear Reader,

Now that spring has arrived, it's the perfect time to subscribe to Feel Good Food! Each issue is brimming with inspirational recipes, delicious ideas on everything from midweek suppers to fabulous meals, mouthwatering desserts and bakes, plus nutrition advice and our favourite online suppliers, kitchen gadgets and tableware. It's the perfect gift for a foodie friend or family member, or a wonderful treat for yourself. You'll never miss an issue and you'll get guaranteed delivery straight to your door every quarter. For only £10.99, you'll save 36% on the full subscription price. Call 0844 848 0848 and quote code 11U today!

Jane

Jane Curran, Editor, Feel Good Food
PS You can also visit **www.womanandhome.com/IFGCV** to subscribe.

3 easy ways to subscribe

- **ONLINE**
- **PHONE**
- **POST**

THE DIRECT DEBIT GUARANTEE This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, IPC Media Ltd will notify you at least ten working days in advance of your account being debited or as otherwise agreed. If you request IPC Media Ltd to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit by IPC Media Ltd or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when IPC Media Ltd asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

CALL 0844 848 0848

Please have your bank details ready when you call and quote code **11U**. Lines are open seven days a week, 8am to 9pm GMT.

Subscribe or treat a friend to a subscription of woman&home Feel Good Food and save up to 36%*

Please tick relevant box:

- ☐ **Annual Direct Debit, £10.99, saving 36%***
- ☐ **1-year cash, cheque or card, £11.99, saving 30%***
- ☐ **2-year cash, cheque or card, £22.99, saving 33%***
- ☐ **3-year cash, cheque or card, £33.99, saving 34%***

YOUR DETAILS

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

Would you like to receive messages to your mobile from IPC and woman&home Feel Good Food containing news, special offers, product and service information, and take part in our research? If yes, please include your mobile number.

Mobile:

If you would like to receive emails from IPC and woman&home Feel Good Food containing news, special offers and product and service information, and take part in our magazine research via email, please include your email address.

Email address:

Year of birth: ☐☐☐☐

TO GIVE A GIFT SUBSCRIPTION

Please fill out both the recipient's details below and the "Your details" section above. To give more than one subscription, please give address details on a separate sheet.

GIFT RECIPIENT

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

If the person you're buying this subscription for is under 18, please add their year of birth.

Year of birth: ☐☐☐☐

DIRECT DEBIT PAYMENT DETAILS

For office use only:
Originators Reference – 764 221

DIRECT Debit

Name of bank:

Address of bank:

Postcode:

Name of account holder:

Sort code: ☐☐☐☐☐☐ Account no: ☐☐☐☐☐☐☐☐

Instruction to your bank or building society Please pay IPC Media Ltd Direct Debits from the account detailed on this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with IPC Media Ltd and, if so, details will be passed electronically to my bank or building society.

Signature (I am over 18): Date:

OTHER WAYS TO PAY

Save up to 34%* – pay £11.99 for 1 year, £22.99 for 2, or £33.99 for 3

I enclose a cheque/postal order made payable to IPC Media Ltd for the total of £_______ or please debit my:

☐ Visa ☐ Delta ☐ Mastercard ☐ Amex ☐ Maestro

Card no: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiry date: ☐☐☐☐ Issue No/Valid from: ☐☐☐☐

Signature (I am over 18): Date:

Offer only open to new subscribers. Final closing date for all orders is 19 July 2011. All orders will begin with the first available issue. *All prices are discounted from the full subscription rate advertised in each title, include P&P and are correct at time of going to press. Credit/debit card charges will be taken in sterling. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Offer only available for delivery to UK addresses. For enquiries and overseas rates, call +44 330 3330 233, or email ipcsubs@quadrantsubs.co.uk. woman&home Feel Good Food, published by IPC Media Ltd (IPC), will collect your personal information to process your order. woman&home Feel Good Food and IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from IPC ☐ IPC would like to send messages to your mobile with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive a message, please tick here ☐ IPC may occasionally pass your details to carefully selected organisations so that they can contact you by telephone or post with regards to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐

CODE: 11U

Complete this coupon and send to: **IPC Subscriptions, FREEPOST CY1061, Haywards Heath, West Sussex RH16 3BR**
(No stamp needed)

Divine desserts

+ **As temperatures rise, choose cool, refreshing fruit ices or sorbets, frozen yogurt, jellies or even a strawberry salad**
+ And on those days that call for a more substantial option, choices include blackberry crumbles, chocolate brownies, peach tartlets or a tasty orange cheesecake
+ **Whatever your choice, keep to our feel-good portion-size rule: small is best. It will still lift the spirit!**

PHOTOGRAPHS MYLES NEW **PROP STYLING** SUE ROWLANDS

Delicious and cooling, these stylish fruit ices are full of the flavours of summer – raspberry, melon and pineapple – and are the perfect warm-weather treat

Fruit ices

These are mainly fruit and contain no fat – could there be a more angelic dessert?

PREPARATION TIME: 10 MINUTES, PLUS FREEZING
SERVES 4 TO 6
EASY/PREPARE AHEAD/FREEZE

for raspberry:
500g (1lb 2oz) raspberries
50g (2oz) sugar
250ml (9fl oz) water
for pineapple:
1 ripe pineapple, peeled, cored and chopped
250ml (9fl oz) water
100g (4oz) caster sugar
2tsp lime juice
pinch salt
for melon:
1 medium-size Galia melon, peeled, deseeded and chopped
150g (5oz) sugar
1tsp lime juice
50ml (2fl oz) water

For each recipe, place all the ingredients in a food processor and blend to a purée. Sieve if you want a finer texture. Freeze for around 45 minutes, until frozen around the edges. Break up the ice crystals with a fork, then refreeze, repeating the process with a fork every hour or so until completely frozen. Remove from the freezer a few minutes before you want to serve.
Per serving: 428-286 calories, 0.8-0.6g fat (0g saturated), 109-72g carbohydrate

+ RECIPE KNOW-HOW
These fruit ices can also be made into sorbets if you have an ice cream machine. Once they're blended, churn until nearly frozen, then freeze for another couple of hours.

Coconut and cardamom frozen yogurt with pineapple

Natural bio yogurt is thought to maintain the health of the digestive system and help to strengthen the immune system.

PREPARATION TIME: 15 MINUTES, PLUS FREEZING
SERVES 8
EASY/PREPARE AHEAD/FREEZE

2 x 500g pots natural bio yogurt, such as Activia
2 x 400g cans coconut milk
6tbsp maple syrup, plus extra to serve
8-10 cardamom pods, seeds only
1 ripe pineapple, peeled and sliced

1 Place the yogurt in a bowl. The coconut milk will have separated in the can; spoon the thick coconut cream from the milk and add to the yogurt (save the coconut milk/water for something else, such as a curry). Add the maple syrup and stir. Crush the cardamom seeds with a pestle and mortar until finely ground, then add to the yogurt and stir well.
2 Transfer to a freezer-proof lidded box and freeze for 1 to 2 hours until slushy and frozen around the edges. Whizz in a food processor, return to the box and freeze for 3 to 4 hours. Allow to soften for 20 minutes at room temperature before serving with the pineapple and extra maple syrup.
Per serving: 338 calories, 20g fat (17g saturated), 29g carbohydrate

Blackcurrant, mint and cassis sorbet

A refreshing dessert, filled with blackcurrants, which are high in vitamin C – roughly four times the quantity found in oranges.

PREPARATION TIME: 20 MINUTES, PLUS FREEZING
COOKING TIME: 5 MINUTES
SERVES 8
EASY/PREPARE AHEAD/FREEZE

200g (7oz) caster sugar
20g pack fresh mint, leaves stripped from the stalks
750g (1lb 10oz) blackcurrants
2tsp liquid glucose
juice 2 lemons
2tbsp cassis

1 Add 200ml (7fl oz) boiling water to the sugar and mint; stir until the sugar has dissolved. When the syrup is cool, discard the mint.
2 Cook the blackcurrants in the syrup with the liquid glucose for 5 minutes, until the fruit is soft. Purée the blackcurrants in a food processor, then strain through a sieve, rubbing with the back of a spoon to remove skins and pips. Add the lemon juice and cassis.
3 Cool-freeze in an ice-cream machine (following the manufacturer's instructions), until it becomes a thick slush. Transfer to a freezer container and freeze. Place the sorbet in the fridge for 10 minutes before serving, to allow it to soften slightly.
Per serving: 139 calories, 0g fat (0g saturated), 35g carbohydrate

Smart idea
If you don't have an ice cream machine, place mix in a shallow freezer container and beat 3 or 4 times as it freezes

Coconut and cardamom frozen yogurt with pineapple

Blackcurrant, mint and cassis sorbet (shown with frozen yogurt)

Individual blackberry crumbles

Blackberries are full of antioxidants, thought to help prevent heart disease.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6
EASY/PREPARE AHEAD/FREEZE

100g (4oz) cold butter, chopped into chunks
175g (6oz) plain flour
40g (1½oz) almonds, roughly chopped
50g (2oz) porridge oats
50g (2oz) light muscovado sugar, plus extra for the fruit
400g (14oz) blackberries (if frozen, defrost first)
1tsp cinnamon
you will need:
6 x 100ml (4fl oz) ovenproof ramekins

1 To make the crumble, rub the butter and flour together with your fingertips. When the mixture resembles breadcrumbs, stir through the almonds, oats and sugar with a pinch of sea salt. This makes more than you need, but it freezes well, so you can keep some for another time.
2 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Toss the blackberries with the extra sugar and the cinnamon, and divide between the ramekins. Top with the crumble mix and bake on a baking sheet for 20 minutes, until the crumble is golden and crisp on top, and the juices are bubbling through the surface. Serve with half-fat crème fraîche, if you like.
Per serving: 360 calories, 19g fat (9g saturated), 45g carbohydrate

Individual blackberry crumbles

Raspberry and chocolate tiramisu

Healthy raspberries are packed with vitamins, antioxidants and fibre.

PREPARATION TIME: 30 MINUTES, PLUS CHILLING
SERVES 8
EASY/PREPARE AHEAD

3 free-range eggs, separated
3 heaped tbsp icing sugar, plus 1tbsp
250g (9oz) mascarpone
250g (9oz) raspberries, plus extra to decorate
150ml (¼pt) very strong fresh coffee with 1tsp sugar, cooled
5tbsp Amaretto liqueur
200g (7oz) trifle sponge fingers (about 30)
1tsp cocoa powder, for dusting
25g (1oz) each dark and white chocolate, grated
you will need:
large rectangular serving dish

1 In a large bowl, whisk the egg yolks with 3tbsp icing sugar until pale and creamy, then whisk in the mascarpone. In another bowl, beat the egg whites until stiff, then fold into the egg-yolk mix, first adding a spoonful to loosen the mix. Crush the raspberries in a bowl and stir in the 1tbsp icing sugar.
2 In a shallow bowl, mix the coffee and amaretto. Dip the sponge fingers into the coffee and layer half of them in the base of the serving dish, then cover with half the egg mixture. Scatter over some of the crushed raspberries, then add another layer of soaked biscuits, then the remaining egg mixture. Dust with the cocoa powder.
3 Chill for at least 4 hours, or overnight if possible. Serve sprinkled with the grated chocolate and remaining raspberries.
Per serving: 350 calories, 18g fat (11g saturated), 36g carbohydrate

RECIPE KNOW-HOW

Tiramisu means "pick me up" in Italian, as it contains energy-giving eggs and sugar, plus caffeine and alcohol. Instead of raspberries, you could try using strawberries, blueberries or blackberries.

RASPBERRY TIRAMISU RECIPE JENNIFER BEDLOE

Vibrant raspberries add a wonderful burst of colour and flavour to this tiramisu, giving it a deliciously refreshing lift and providing the perfect complement to the rich filling

+
Smart idea
As with any layered pudding, this will be easier to serve if you rest it in the fridge for a few hours once assembled

Raspberry and chocolate tiramisu

Try this

Try different jelly toppings – such as raspberries with Chambord, or blackcurrants and cassis

Creamy, classic cheesecake with a hint of orange is well balanced by the freshness of strawberries and mint

Orange cheesecake with strawberry salad

Orange cheesecake with strawberry salad

Mint adds a real freshness to the salad, and is also thought to aid digestion.

PREPARATION TIME: 40 MINUTES, PLUS CHILLING AND SETTING
SERVES 8
EASY/PREPARE AHEAD

125g (4½oz) digestive biscuits, crushed
75g (3oz) unsalted butter, melted
200g (7oz) Philadelphia cream cheese
2 large free-range eggs, separated
75g (3oz) caster sugar
1 orange, zest finely grated and juiced
4 leaves gelatine, soaked in cold water
150ml (¼pt) double cream, whipped to soft peak stage
for the jelly top:
400g (14oz) strawberries, hulled
25g (1oz) caster sugar
150ml (¼pt) diluted elderflower cordial
4 leaves gelatine, soaked in cold water
for the strawberry and mint salad:
400g (14oz) strawberries, hulled and quartered
150ml (¼pt) diluted elderflower cordial
1tbsp mint leaves, finely chopped
you will need:
20cm (8in) springform tin

1 Mix the biscuits and butter together, press into the base of the tin. Chill in the fridge.
2 In a bowl, whisk cream cheese, egg yolks, sugar and orange zest until combined. Warm the orange juice in a small pan and add the gelatine (squeezed well to remove excess water). Pour on to cream cheese; mix well.
3 Beat the egg whites until stiff peaks form. Fold the whipped cream into the cream cheese mix, then the egg whites. Pour the mixture over the base and chill for 4 hours.
4 For the jelly, liquidise the strawberries, sugar and cordial. Pour through a fine sieve to remove the pips. Heat the mix in a pan. When hot, add the gelatine (squeezed well to remove excess water); stir until dissolved. When the mix is cold, but not quite set, pour over the cheesecake and place it back in the fridge for 2 hours until the jelly is set.
5 To make the salad, place all the ingredients in a bowl and mix well. Serve with the cheesecake.
Per serving: 514 calories, 33g fat (20g saturated), 50g carbohydrate

Strawberries and Pimm's

Naturally sweet, strawberries are high in vitamins and minerals, and best eaten raw.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
SERVES 8
EASY/PREPARE AHEAD

900g (2lb) ripe strawberries, hulled and washed
3tbsp caster sugar
100ml (4fl oz) Pimm's No 1 Cup
few sprigs fresh mint, leaves only

Place the strawberries in a large bowl and scatter over the sugar. Leave for a few minutes, then drizzle over the Pimm's and tuck in the mint leaves. Leave them to marinate, covered, but not in the fridge, for an hour before serving. They're delicious with lemon sorbet or half-fat crème fraîche.
Per serving: 67 calories, 0g fat (0g saturated), 13g carbohydrate

✢ TRY THIS
- **For a strawberry smoothie, whizz up small pieces of strawberry with natural yogurt and icing sugar to taste.**
- **Drizzle with a touch of balsamic vinegar and sprinkle with freshly ground black pepper.**
- **A few sliced strawberries are great in a spinach, rocket and blue cheese salad.**
- **Strawberries are delicious with a warm dark-chocolate sauce.**
- **And they're perfect popped into a glass of chilled Prosecco!**

Strawberries and Pimm's

Rosé and red-berry jellies

A fat-free dessert for adults that's packed with antioxidant-healthy fruit.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING
SERVES 6
EASY/PREPARE AHEAD

350ml (12fl oz) rosé wine
2tbsp caster sugar
5 leaves gelatine, soaked for 5 minutes in cold water
1tbsp elderflower cordial (optional)
250g (9oz) strawberries
250g (9oz) raspberries
125g (4½oz) blueberries

you will need:
6 tall glasses

1 Bring about half the wine to a simmer in a small pan. Take off the heat, sprinkle in the caster sugar and stir in the gelatine, one sheet at a time, until it dissolves.
2 Pour into a large jug, and stir in the rest of the wine and the cordial. Leave to cool.
3 Pack the fruit into the glasses and pour in the cooled, almost-setting wine mixture. Chill for 2 hours, or until set.
Per serving: 101 calories, 0g fat (0g saturated), 13g carbohydrate

Rosé and red-berry jellies

Italian summer pudding

A great way of using soft summer berries to ensure you hit your five a day!

PREPARATION TIME: 25 MINUTES, PLUS CHILLING
SERVES 8
EASY/PREPARE AHEAD

200ml (7fl oz) sweet dessert wine
150g (5oz) sponge fingers
250g (9oz) reduced-fat mascarpone
300g (10oz) 0% fat Greek yogurt
1 vanilla pod, seeds removed
3tbsp icing sugar
450g (1lb) mixed berries, halved if large, plus extra to serve
fruit sauce, to serve (see box below)

you will need:
2-litre (3½pt) pudding basin, lined with clingfilm, leaving enough spare at the top to wrap over the finished pudding

1 Pour the wine into a shallow container and dip the sponge fingers into it briefly, then use them to line the pudding basin. Make sure there are no gaps.
2 In a large bowl, mix together the mascarpone, yogurt and vanilla seeds with the icing sugar. Stir well to distribute evenly.
3 Fill the lined pudding basin with alternate layers of sweetened marscapone and the mixed berries, starting with the mascarpone.
4 Cover with the spare clingfilm and chill for at least 3 hours. Unwrap the clingfilm and turn the pudding out on to a plate. Decorate with the remaining fruit and serve with a fruit sauce (see below).
Per serving: 241 calories, 10g fat (5g saturated), 27g carbohydrate

SAUCE KNOW-HOW

For a simple fruit sauce (which freezes well), blend 300g (10oz) soft summer fruits (strawberries, raspberries, stoned cherries, blackberries) to a smooth purée. Add 1tbsp lemon juice and a little icing sugar to taste, plus some water if the mixure is too thick. For a super-smooth sauce, press the puréed fruit through a sieve to remove the seeds. Drizzle over ice cream, sorbet, panna cotta, chocolate mousse or tarts.

This lusciously creamy yogurt and mascarpone filling is packed with gorgeous summer fruit and fresh vanilla, and encased in wonderful dessert wine-soaked sponge fingers – a real treat!

Smart idea

Using British berries will mean that you need less sugar to sweeten them – their flavour is so much more intense!

Italian summer pudding

Jelly has never been so elegant or grown-up as in this sure-to-impress dinner party dessert, using richly coloured blackcurrants beautifully offset with a hint of liqueur

Blackcurrant jellies with vanilla panna cotta

Blackcurrant jellies with vanilla panna cotta

High antioxidant levels in blackcurrants mean they are seen as the healthiest fruit.

PREPARATION TIME: 25 MINUTES, PLUS SETTING
COOKING TIME: 15 MINUTES
SERVES 4
EASY/PREPARE AHEAD

for the jelly:
225g (8oz) blackcurrants
100g (4oz) caster sugar
4 leaves gelatine
25ml (1fl oz) crème de cassis
for the panna cotta:
150ml (¼pt) whipping cream
1tbsp caster sugar
½tsp vanilla extract
2 leaves gelatine
redcurrants, to serve (optional)

1 Place the blackcurrants, caster sugar and 50ml (2fl oz) water in a saucepan, bring to the boil, reduce the heat to a simmer and cook for 10 minutes or until soft. Soak the gelatine leaves in cold water.
2 Strain the blackcurrants through a sieve, pushing down well with the back of a spoon to extract all the juice. Discard the pulp. Squeeze the gelatine leaves and add to the hot blackcurrant liquid with the cassis and another 50ml (2fl oz) water. Pour into 4 small glasses, only filling the glasses three-quarters full. Place these in the fridge to set for a minimum of 4 hours.
3 To make the topping, place the whipping cream, caster sugar and vanilla extract in a saucepan. Heat gently, stirring to dissolve the sugar. When the cream is hot, remove from the heat. Soak the gelatine in cold water and when it's soft, add to the cream mixture, stirring to dissolve. Allow it to cool, then pour on top of the set jellies. Place them back in the fridge for a couple of hours or until set. These will last for 2 days in the fridge. Serve with some redcurrants, if you like.
Per serving: 290 calories, 15g fat (9g saturated), 37g carbohydrate

+ SMART IDEA
While blackcurrants are in season, it's worth stocking up. Open-freeze them, then bag up in smaller portions.

Chocolate brownies

The prunes in these brownies are believed to slow the ageing of the brain and body.

PREPARATION TIME: 20 MINUTES, PLUS SOAKING
COOKING TIME: 30 MINUTES
MAKES 16
EASY/PREPARE AHEAD/FREEZE

150g (5oz) pitted prunes
100g (4oz) dark chocolate, in chunks
1 large free-range egg, beaten
150g (5oz) light muscovado sugar
3tbsp cocoa powder
75g (3oz) plain flour
physalis, to serve (optional)
you will need:
20cm (8in) square cake tin, lined with baking parchment

1 Put the prunes into a bowl and cover with boiling water. Leave to soak for at least 2 hours or overnight. Transfer to a saucepan with 50ml (2fl oz) of the soaking liquid, heat and simmer gently for about 10 minutes, until around 2tbsp of the liquid remains. Purée and leave to cool.
2 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Melt the chocolate in a bowl over a pan of hot, but not simmering, water. In another bowl, beat together the prunes, egg and sugar. Sift in the cocoa and flour with a pinch of salt and fold in gently. Pour the melted chocolate over and stir in gently.
3 Tip the mix into the tin. Bake for 25 to 30 minutes. When cool, cut into squares. Serve with a physalis and a spoonful of half-fat crème fraîche.
Per brownie: 110 calories, 3g fat (1.5g saturated), 21g carbohydrate

Chocolate brownies

Peach and caramel tartlets with cardamom

Juicy peaches are thought to maintain healthy skin and a good complexion.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4
✓ EASY

375g pack ready-rolled puff pastry
4tbsp Carnation caramel (dulce de leche)
4-5 medium fresh peaches, cut into segments
2tbsp vanilla sugar or caster sugar
12 green cardamom pods, crushed, seeds extracted
icing sugar, sifted, to decorate
you will need:
large, lightly oiled baking sheet

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Unroll the pastry and, using a saucer as a guide, cut out 4 circles, each with a 14.5cm (5¾in) diameter. Slide the pastry circles on to the baking sheet.
2 Score a line around the circumference of each pastry circle, about 1cm (½in) in from the edge. Add 1tbsp caramel to the centre of each and smooth it so it covers the inner circle evenly. Arrange the peach segments on the caramel-covered section until filled. Sprinkle over the vanilla sugar or caster sugar. Bake for 20 minutes or until puffed up, golden and fragrant.
3 Scatter the cardamom seeds over each tart when cooked, and dust with icing sugar. Serve either hot or warm.
Per serving: 460 calories, 23g fat (11g saturated), 50g carbohydrate

+ TRY THIS
Make your own vanilla sugar – reserve a vanilla pod after you've removed the seeds, and place in a jar of sugar. Leave for 5 days for the flavour to infuse.

Peach and caramel tartlets with cardamom

Lemon ricotta cheesecake

The raspberries make a beautiful topping, as well as adding to your five-a-day!

PREPARATION TIME: 20 MINUTES, PLUS COOLING
COOKING TIME: 1 HOUR 10 MINUTES
SERVES 8 TO 10
✓ EASY/PREPARE AHEAD

for the base:
150g (5oz) lemon shortbread biscuits
50g (2oz) butter, melted
for the filling:
1kg (2lb 4oz) ricotta cheese
zest 4 lemons, juice of 2
4 large free-range eggs
150g (5oz) lemon curd
75g (3oz) caster sugar
40g (1½oz) cornflour
250g (9oz) raspberries, to top
icing sugar, for dusting
you will need:
20cm (8in) cake tin, 7½cm (3in) deep, with removable base, oiled

1 Crush the biscuits in a plastic bag by rolling over with a rolling pin. Mix with the melted butter and use to line the base of the tin. Pat the mixture down, then chill.
2 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Put all the filling ingredients into a food processor and whizz until smooth. Pour into the tin and place on a baking sheet.
3 Place on the middle shelf of the oven with a roasting tin of hot water in the bottom, and turn the oven down to 150 C, 130 C fan, 300 F, gas 2. Bake for about 1 hour to 1 hour 10 minutes, until the cheesecake is set but still has a slight wobble in the centre. Remove from the oven and place straight in the fridge until completely cooled. This will help to stop it cracking.
4 When cooled, remove from the fridge and gently release the tin. Arrange the raspberries on top, dust with icing sugar, and serve. This will keep in the fridge for up to 3 days.
Per serving: 487-387 calories, 29-23g fat (16-13g saturated), 42-33g carbohydrate

OPPOSITE PAGE: PHOTOGRAPH MYLES NEW **RECIPE AND FOOD STYLING** JANE CURRAN AND REBECCA SMITH **PROP STYLING** SUE ROWLANDS

OUR COVER RECIPE

Cheesecake made with ricotta is lower in fat and calories than the traditional cream cheese version… but it's just as delicious!

Try this

Blueberries also marry well with lemon, so they'd make a good alternative topping, as would strawberries

Lemon ricotta cheesecake

WITH HIS *DESSERTS* BOOK AND LOADS OF GREAT RECIPES TO TRY, JAMES IS KEEN TO ENCOURAGE A BAKING REVIVAL. "ALL HOUSEHOLDS USED TO HAVE A BAKING DAY ONLY SOME YEARS BACK, BUT NOW IT'S SAD TO SEE SO MANY PEOPLE RESORTING TO BUYING PLASTIC-COATED, DRIED RUBBISH FROM THE SUPERMARKET," HE SAYS. THIS DISH MAY BE CHOCOLATEY, BUT IT USES DARK CHOCOLATE, WHICH IS FULL OF ANTIOXIDANTS, AND THE BERRIES WILL GIVE YOU A BOOST OF VITAMINS TOO, SO YOU NEEDN'T FEEL TOO GUILTY FOR TREATING YOURSELF.

JAMES MARTIN'S

Hot chocolate fondants with summer berries and mint froth

The secret of a good hot chocolate fondant is the liquid centre. I've simplified the recipe by using bought chocolate truffles. If you want to make these for a dinner party, it's best to make them up, freeze them when raw and then flash them in the oven. Give them an extra 5 minutes cooking time when cooked from frozen. The mint froth is simply milk warmed in a pan with crème de menthe. All you need is the froth on the top of the milk.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 15 MINUTES
SERVES 6
EASY/PREPARE AHEAD

190g dark chocolate with at least 60% cocoa solids
100g butter, softened
35g ground almonds
2 large free-range eggs, separated
35g cornflour
85g caster sugar
6 plain chocolate truffles
strawberries, raspberries and blueberries, to decorate

for the mint froth:

150ml full-fat milk
1tbsp crème de menthe

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Finely grate 40g of the chocolate. Rub half the butter all over the inside of 6 tall dariole moulds (or similar containers). Dust well with the grated chocolate, shaking out any excess. Set aside on a baking tray.

2 Melt the remaining chocolate (including any shaken-out excess) and butter in a small heatproof bowl over a pan of barely simmering water, or in a microwave on full power for 2 to 3 minutes, stirring once. Do not overheat or the chocolate will "seize", or turn solid. Scrape this mixture into a bigger bowl, then beat in the ground almonds, egg yolks and cornflour.

3 Whisk the egg whites in a separate bowl until they form stiff but not dry peaks. Gradually beat in the caster sugar – you may prefer to use a hand-held electric whisk for this.

4 Fold the meringue mixture into the melted chocolate mixture. Spoon half the combined mixture into the base of each mould, place a chocolate truffle on top, then fill each one with the remaining mixture. Smooth the tops of the fondants.

5 Bake the fondants in the oven for 10 to 15 minutes until risen and slightly wobbly (they're best eaten as soon as they're cooked).

6 Bring the milk to a boil, remove from the heat, add the crème de menthe, then "froth" with a hand blender. Turn the fondants out onto plates and serve with fresh berries and mint froth.

JAMES MARTIN'S *DESSERTS* (QUADRILLE, £9.99)
Developed from the BBC TV series *Sweet Baby James*, this book is a collection of all of James's favourite desserts, including old favourites like the ever-popular Sticky toffee pudding, and newer recipe ideas such as White chocolate, whisky and croissant butter pudding, and Chocolate cola cake. If you're not too confident with desserts and baking, check out the basics chapter for step-by-step guides to making pastry, sponges, decorations, sauces and more.

James Martin
Desserts

MAIN PHOTOGRAPH PETER CASSIDY

Chocolate truffles in the centre of these puddings simply melt to give a delicious, melty-chocolate sauce

James Martin's Hot chocolate fondants with summer berries and mint froth

EAT SMART ✢ Chocolate

For some it's an occasional indulgence; for others it's an everyday necessity. But can chocolate be part of a healthy diet? We say it's all about quality...

Ever since its earliest documented use, around 1100BC, chocolate has been prized as a delicacy. Mixed with spices and hot water and drunk unsweetened by the Mayans and later the Aztecs, chocolate only became the drink we recognise today when Spanish conquerors began mixing it with sugar. Solid chocolate was not invented until the 1850s, when Englishman Joseph Fry first mixed cocoa powder and sugar with cocoa butter instead of hot water. And the world has never looked back.

Today, the UK chocolate industry alone is worth over £3.6 billion, and the figures continue to rise. But with such a saturated market, it can be difficult to find the really good stuff. Follow our guide, and you won't go far wrong.

DID YOU KNOW. Feel good chocolate facts

✢ Cocoa is hugely rich in antioxidants, which have been linked to promoting a healthy heart.
✢ Dark chocolate is the healthiest – in fact, a small bar per day is good for your heart and your cardiovascular health.
✢ Recent studies have shown chocolate is beneficial in lowering blood pressure, improving circulation, and keeping arteries clear and healthy.
✢ Chocolate produces endorphins in the brain, which lift your mood.

✢ How to enjoy chocolate sensibly...

If chocolate is a necessary part of your life, do try to eat better quality less often. It's far better for you than a cheap chocolate bar, and it will feel like less of a sin and more of a treat. Here are some of our tips on indulging your chocolate habit in a healthier way and finding the best:

✢ **Look at the cocoa content** A decent dark chocolate should be around 65 to 70 per cent cocoa solids. Higher up the scale towards 85 per cent, it can become quite bitter, so choose something you'll enjoy. And try milk chocolate with a higher cocoa content too – around 34 per cent. It has a richer taste, which means you'll eat less of it!

✢ **Smart idea** Keep good-quality dark chocolate bars to hand for when cravings hit – it contains fewer calories than milk

✢ **Try artisan chocolate bars** Many chocolatiers are now selling bars made from single-origin cacao – using cocoa from the same area or even the same estate. You'll find tasting notes on a lot of these bars – the higher-end ones are treated like fine wines.

✢ **Try to buy ethically** There is still a lot of unethical practice in the cacao industry, and by buying fairtrade/ethically sourced, you can help to support farmers getting a decent wage and farm workers living in proper conditions.

✢ **Taste – a lot!** Artisan chocolate varies dramatically according to the origin of the beans – they tend to absorb flavour from what is grown around them. For example, a bar made from cocoa grown near a banana plantation might have an element of banana. Taste a whole range of chocolate – it will help you establish what you like best, and is very rarely a chore!

✢ **Ditch the temptation** Get rid of those cheap chocolate bars in the cupboard – as long as they're there, you're bound to succumb at some point! As long as the only thing to satisfy your craving is a healthy chocolate, it'll be easy to stay on the good stuff.

✢ **Avoid the fillings!** It's often the fillings, such as creams and caramels, in chocolates that are the real demons, so stick to the pure stuff. You'll satisfy your cravings without piling on the pounds.

✢ **Banish the guilt** As long as you view chocolate as an occasional indulgence, there's no need to feel guilty about eating it from time to time. Spending a little more money on a good-quality bar will encourage you to savour and enjoy it – not wolf the whole lot in one go in front of the telly...

WORDS REBECCA SMITH

What could be a more seductive pudding than sweet fruit dipped into rich, melted chocolate? And no sugar required!

Smart idea

For an indulgent but low-fat pudding, core some apples and fill with dark chocolate and dried fruit, then bake

Where to buy

Not all chocolate is created equal. Here are some of our favourite stockists for top-quality indulgence.

ARTISAN DU CHOCOLAT (0845-2706996; artisanduchocolat.com) For people who are serious about their chocolate – wonderful flavours and incredibly chic packaging. We also love their salted caramels – the original and best.

AMELIA ROPE (07925-304962; ameliarope.com) Every one of these bars is a limited edition and is hand-signed. The flavours vary according to the cocoa origin – buy a few at a time and compare.

ORIGINAL BEANS (01749-831701; originalbeans.com) With the emphasis heavily on sustainability as well as flavour, every bar you buy of this chocolate plants one tree in the area of the bar's origin plant. What a fab excuse to eat more!

HOTEL CHOCOLAT (0844-4932323; hotelchocolat.co.uk) Try their Purist range – made from single-origin beans, these chocolate bars have incredible depth and complexity of flavour.

CLICK ONLINE

For many wonderful ways with chocolate, visit womanandhome.com.

you, or why not treat a friend?

Dear Reader,

Getting woman&home magazine delivered to your door every month is a luxury that you can afford with our great subscription offer. This month, you can subscribe to w&h and get two years for the price of one!* Remember, not only do you save money off the cover price, but you also get exclusive subscriber-only offers, including a fabulous 10% discount at womanandhome.com/shop. But hurry, this offer lasts until 12 April 2011 – call 0844 848 0848 today and quote code 16A to claim your discount.

Sue James

Editorial Director, woman&home

PS You can also visit **www.womanandhome.com/IWHNJ** to subscribe.

3 easy ways to subscribe

+ONLINE
+PHONE
+BY POST

CALL 0844 848 0848

Please have your bank details ready when you call and quote code **16A**. Lines are open seven days a week, 8am to 9pm GMT.

Subscribe or treat a friend and get 2 years for the price of 1

☐ **PLEASE SEND ME THE STANDARD-SIZE MAGAZINE**
☐ **PLEASE SEND ME THE TRAVEL-SIZE MAGAZINE**

Please tick appropriate boxes

☐ **2-year cash or credit/debit card, £42.30, save 50%***

YOUR DETAILS

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

Would you like to receive messages to your mobile from IPC and woman&home containing news, special offers, product and service information, and take part in our research? If yes, please include your mobile number.

Mobile:

If you would like to receive emails from IPC and woman&home containing news, special offers and product and service information, and take part in our magazine research via email, please include your email address.

Email address:

Year of birth: ☐☐☐☐

TO GIVE A GIFT SUBSCRIPTION

Please fill out both the recipient's details below and the "Your details" section above. To give more than one subscription, please give address details on a separate sheet.

GIFT RECIPIENT

Mrs/Miss/Ms/Mr: Forename:

Surname:

Address:

Postcode:

Home tel no (inc area code):

If the person you're buying this subscription for is under 18, please add their year of birth.

Year of birth: ☐☐☐☐

CASH OR CARD PAYMENT DETAILS

Save 50%* – pay £42.30 for 2 years

I enclose a cheque/postal order made payable to IPC Media Ltd for the total of £________ or please debit my:

☐ Visa ☐ Delta ☐ MasterCard ☐ Amex ☐ Maestro

Card no: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiry date: ☐☐☐☐ Issue No/Valid from: ☐☐☐☐

Signature (I am over 18): Date:

Offer only open to new subscribers and for delivery to UK addresses. The final closing date is 19 July 2011. All orders will begin with the first available issue. Please allow up to six weeks for delivery. *All prices are discounted from the full subscription rate advertised in each title, include P&P, and are correct at time of going to press. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. For enquiries and overseas rates, call +44 330 3330 233, or email ipcsubs@quadrantsubs.co.uk.

woman&home, published by IPC Media Ltd (IPC), will collect your personal information to process your order and to gain a better understanding of our readership. woman&home and IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from us ☐

IPC may occasionally pass your details to carefully selected organisations so that they can contact you by telephone or post with regards to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐

IPC would like to email you with offers from carefully selected organisations and brands, promoting and researching products and services. If you would like to receive these messages, please tick here ☐

Complete this coupon and send to: **IPC Subscriptions, FREEPOST CY1061, Haywards Heath, West Sussex RH16 3BR** (No stamp needed) CODE: 16A

The 30-day anti-ageing detox plan

+ **At last, reach your feel-great weight – look and feel younger with lots more energy**
+ In just 30 days, you'll lose up to a stone, rid your body of toxins, and be a whole lot firmer and flatter
+ **Yes, it's a detox, but you eat *real* food with snacks and late-night nibbles too so you won't feel hungry**

For most of us there are only two types of weight problems – you're gaining it too fast, or losing it too slowly. Traditional dieticians reckon that both problems have the same cause – the number of calories you take in is more than the number you use up. Basically this is true, but it doesn't mean that other factors, like toxins, can't interfere too.

Most of us are smart enough to know that what we eat determines whether or not we get fat, but new research is revealing that there's more to this than how many calories there are on each forkful. Toxins, such as additives, pesticides and pollutants, can slow down even the most devoted weight-watching plans. Our new detox diet, created by health expert Helen Foster, teaches you how to beat this problem and finally get down to your longed-for size and shape. And you'll look younger and feel bouncier into the bargain.

WHY SHOULD I DETOX?

If you're fed up with the whole diet thing, and nothing seems to work, it may be that toxic overload is preventing you from succeeding.

FEELING PUFFY ALL OVER?

You're probably carrying too much fluid. Unprocessed toxins are stored in fat if the liver can't handle them. Stored with them, however, are large amounts of water. The reason for this is that the body's "solution to pollution is dilution". If the body thinks something is harmful, it will surround it with water to minimise its power. If you're storing high levels of toxins, you're also probably carrying lots of fluid. If so, no amount of fat-burning will reduce your weight.

CAN'T SEEM TO DEFLATE THAT BLOATED TUM?

In some people, this reaction occurs for another reason – food intolerance. This happens when the body loses the ability to digest a particular type of food properly. Food stays in the system longer than it should and it ferments, filling the body with substances that it finds toxic – hence a swollen and sore tummy.

PHOTOGRAPH GARETH MORGANS **FOOD STYLING** LUCY CRABB

Craving something you shouldn't?

You shouldn't get hungry on this diet, as you are eating so regularly. But, if you do, don't give in to the craving. While detoxing enhances results, it's cutting calories that ensures weight comes off, so try acupressure instead. Your body's appetite point is on your ear about 1cm (½in) from the top, on the side next to your head – you'll feel a small hollow. Use a cotton bud to press it gently a few times.

✢ Your daily choices

Three good meals a day, two substantial snacks and a sweet late-night treat – what more could a girl (or boy!) want?

Rather than just cutting calories, this diet also aims to reduce the amount of fluid in your body by introducing foods that prevent fluid retention (bananas, prunes, orange juice and dried apricots), and cutting out wheat- and dairy-based foods (the ones most commonly linked to food intolerances). The diet is also low in sodium, which will reduce the amount of fluid you retain. Plus, it features plenty of detox foods and supplements that help to neutralise harmful toxins released into the body as the fat breaks down.

✢ The detox rules

- Stick to the plan for a month and you should be able to lose up to one stone, depending on the amount of fluid you retain.
- The detox diet features a **daily antioxidant** and **detoxing cocktail** – don't skip them.
- Boost your efforts by using organic products where you can.
- Keep the toxins, such as alcohol, to a minimum, so that your liver can deal with any released toxins.
- No wheat, dairy or sugar.

- **DON'T MISS TAKING YOUR DAILY SUPPLEMENTS (all available from victoriahealth.com)**
  Half an hour before breakfast, take the following...
  A multivitamin and mineral supplement
  1,000mg vitamin C
  5,000mg psyllium (keeps food moving through the gut)
  2,000mg conjugated linoleic acid (CLA, said to help lose fat)
  Before lunch
  Half an hour before you eat, take...
  1,000mg CLA and 5,000mg psyllium
  Before dinner
  Half an hour before you eat, take...
  1,000mg CLA

- **DRINK LOTS OF WATER** Wash your pre-breakfast and -lunch supplements down with two glasses and aim to drink at least eight more during the day.
- Keep coffee and alcohol to the absolute minimum – drink herbal tea instead.
- **TAKE SOME EXERCISE** If you're stuck for ideas, see womanandhome.com/healthylifestyle.
- Take a few minutes to give yourself a stimulating scrub and massage after your daily shower.

Your daily must-haves – the good-for-you antioxidant and detox cocktail

✢ Did you know?
Bananas and dried fruit, such as apricots, prevent fluid retention due to their potassium content

Did you know?
High-fibre foods are low GI, so keep you fuller for longer and help to lower blood cholesterol

Two slices of warm rye toast and a boiled egg – a healthy "proper" breakfast

Breakfasts

Take your supplements with two glasses of water half an hour before you eat.

Drink a glass of antioxidant cocktail (see right).

CHOOSE ONE OF THESE HIGH-FIBRE BREAKFASTS...

- Bowl of bran cereal topped with soya milk and a handful of prunes.
- One cored apple filled with raisins and baked in a heated oven for 30 minutes at 220 C, 200 C fan, 425 F, gas 7. Top with soya yogurt.
- Porridge made from oat flakes and water or soya milk. Mix in a handful of chopped, dried apricots.
- Two slices of rye or pumpernickel toast spread with honey. One boiled egg.
- Two oatcakes topped with mashed banana and strawberries.

MID-MORNING SNACK
Two pieces of fruit and a cup of dandelion tea

Did you know?
Dandelion tea helps the body get rid of excess fluid without destroying other vital nutrients

Investing in a juicer makes life much easier (see our healthy gadgets on page 141)

YOUR 'MUST-HAVE' DAILY COCKTAILS

Antioxidant cocktail

Blend 50g (2oz) blueberries, ½ mango and 250ml (9fl oz) orange juice until smooth. (Makes 1 glass)

Detox cocktail

Juice 2 to 3 carrots, peeled, 1 beetroot and 1 apple in a juicer. (Makes 1 glass)

Choose a stir-fry vegetable base and top with a grilled chicken breast for a tasty and nutritious lunch

A delicious salad that's easy to pack for work – alfalfa sprouts, tomatoes, olives, radishes and tuna

Did you know?
A diet that's high in green vegetables helps to lower the risk of colon cancer

Lunchtime options

- **Half an hour before lunch, take your supplements and wash them down with at least two glasses of water.**

- **Always start lunch with a glass of detox cocktail (see the recipe on page 133).**

NOW CHOOSE FROM ONE OF THE FOLLOWING VEGETABLE BASES, using as much of each type of vegetable as you like, except for avocado, which you should limit to half a fruit due to its high calorie content. Drizzle the vegetable base with your choice of dressing and top with a 75g (3oz) protein choice. Easy, flexible and fun!

VEGETABLE BASES

- **Spicy salad** Alfalfa sprouts, tomato, red pepper, black olives, radish.
- **Clarifying coleslaw** Shredded white cabbage, grated carrot, sliced beetroot, sliced onion.
- **Pure power salad** Watercress, cucumber, tomato, artichoke hearts, avocado.
- **Stir-fry sensation** Fry asparagus spears, beansprouts, shredded green cabbage, mangetout and broccoli in a tiny amount of oil that has sliced ginger in it.
- **Good-for-you grill** Grill mushrooms, thinly sliced aubergine, red onion, yellow pepper and courgette until they soften.

MAKE IT INTERESTING

This is a really flexible diet plan.
Once you've chosen your veggie base, add your toppings...

DRIZZLE DRESSINGS

- A little balsamic vinegar.
- 1tsp olive oil containing some chopped chilli (chilli boosts the metabolism).
- A spoonful of tomato and onion salsa.
- A little lemon juice or fat-free vinaigrette.

PROTEIN CHOICES

Don't forget, these should be 75g (3oz) portions of lean protein.

- **Meat** Chicken, turkey, lean ham, lean roast beef.
- **Fish** Salmon, tuna, mackerel, sardines, anchovies.

VEGGIE PROTEIN

- A bean blend made up of kidney beans, green beans and chickpeas.
- Tofu marinated in a little olive oil and garlic, then grilled and added to stir-fries or salads.

AFTERNOON SNACK
Help yourself to two more pieces of fresh fruit

Evening meals are delicious and filling, like this plate of salmon, vegetables and new potatoes

✢ Evening meals

✢ **Half an hour before you eat, take your supplements.**

✢ **Start with a glass of detox cocktail or, if you prefer, a bowl of supercleanse soup (see right).**

CHOOSE ONE OF THE VEGETABLE BASES FROM THE LUNCH OPTIONS, but this time top it with just 50g (2oz) of lean protein (see the lunchtime choices).

✢ **Plus 50g (2oz) carbohydrates, such as...**
Potatoes Jacket potato, new potatoes, mashed potato, roast sweet potato.
Bread Rye or pumpernickel.
Veggies Mashed swede, parsnips or pumpkin, sweetcorn or corn on the cob.
Rice/pasta Brown rice or wheat-free pasta.

✢ BEFORE-BED SNACK
A slice of rye or pumpernickel bread topped with half a banana or a teaspoonful of honey – whichever you prefer

✢ Did you know?
Watercress contains phytochemicals, which help to boost the liver's detox enzymes

DETOX RECIPE

Supercleanse soup

Detox your body while also boosting your health with this soup. It contains watercress, which is packed with vitamin C, and calcium-rich spinach.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4
✓ EASY/PREPARE AHEAD

1 small onion, finely chopped
1.5 litres (2¾pts) light chicken stock or water
2 small potatoes, diced
2 large handfuls spinach
1 large bunch watercress, stems removed

1 Cook the onion in 2 to 3tbsp chicken stock or water for 1 minute.
2 Add the potatoes, some seasoning and the rest of the stock or water. Bring to the boil and simmer until the potatoes are soft.
3 Add the spinach and watercress and stir for 3 minutes. Remove from the heat and blend in a liquidiser.
This recipe will make enough soup for a couple of days, as long as it's stored in the fridge.

EAT SMART

✢ Build a better salad

Made right, says Jane Curran, a salad is a super-healthy and filling meal. Made wrong, it can pack in more fat and calories than a cheeseburger! Here's how to create your perfect combination of nutrition and flavour

✢ Use a vitamin-rich base

Ditch the iceberg! Unsurprisingly, it contains few nutrients and mostly water. Swap for **rocket, mizuna, baby chard, oak leaf, radicchio** or **spinach**, or, better still, a mix of them – they're rich in vitamins A and C, beta-carotene, folate and antioxidants. If you're into growing your own, buy packets of mixed salad seed and plant in a window box to keep you going all summer. Don't forget fresh herbs, either – **parsley, mint, chervil, chives** and **coriander** will add a flavour punch.

✢ Add feel-good extras

Here's where **seed mixes** really come into their own, by adding fibre and healthy unsaturated fatty acids. **Pumpkin seeds, sunflower seeds** or the mixes you can buy in any good supermarket or health-food store are a great addition.

✢ Although **olives** do contain fat, they're good fats, so add a few.

✢ **Nuts** are also a source of healthy fats and other antioxidants, plus they'll add some welcome crunch. Just avoid salted nuts and macadamias, which, though delicious, are very high in fat. Walnuts and almonds are a good choice.

✢ **Avocados** are another source of good fats and are high in vitamin E, which protects our cells from free radicals. But if you're watching your calorie intake, use them sparingly.

✢ **Dried fruits** such as **apricots, cranberries** and **raisins** add fibre and antioxidants.

✢ **AND WHAT TO LOSE? Croûtons!** Just as you wouldn't add fried bread to your breakfast, these just add unnecessary calories. Eat your salad with wholemeal bread instead.

✢ Smart idea

Pack a healthy salad for your lunch to get most of your five-a-day in one fell swoop – but do add protein to keep you going

✢ Dress it up

Here's where many of us fall down in the healthy stakes. There's a reason why Caesar dressing tastes so good – it's loaded with Parmesan!

✢ When you're eating out, be a diva and ask for the dressing on the side – a salad just needs a fine coating, not a pool.

✢ A classic vinaigrette is 3 parts oil to 1 part vinegar, with seasoning and a little Dijon mustard. Be sure to use "good" oils, such as extra-virgin olive, sunflower or rapeseed oil.

✢ Beware of so-called "low-fat" bought salad dressings – they simply cut down the fat and replace it with water and sugar.

✢ Mitsukan makes a tasty, fat-free rice-vinegar dressing. Search for low-fat Asian dressings on womanandhome.com.

✢ If you love creamy dressings, try a healthy version by mixing together 5tbsp each sheep's and goats' milk yogurt with the juice of 1 lemon, 1tsp paprika and seasoning.

✢ Load up on vegetables

We always go on about having a rainbow of vegetables in your diet, and a salad is an easy place to put this into effect.

✢ You can now buy pre-cooked baby **beetroot** in the supermarket. These are great for adding antioxidants.

✢ Opt for healthy **edamame (soya) beans, green beans** and **mangetout**. If you don't like raw vegetables, lightly steam them, then refresh under cold water to stop them cooking.

✢ Orange and yellow vegetables are high in beta-carotene, which is important for maintaining healthy body tissues and good vision. So think about **yellow** and **orange peppers, carrots** and **roasted butternut squash.**

✢ Red veg are loaded with vitamins and antioxidants, so **ready-roasted peppers** are a good storecupboard addition.

✢ Pile on the protein

The right choices here will make your salad super-filling and turn it into a proper meal. Opt for lower-fat proteins as a healthy choice.

✢ Lean **chicken, turkey** or **beef.**

✢ **Fish.** If you are calorie counting, buy tuna in spring water rather than oil. Remember that canned tuna is not a great source of omega-3 fatty acids due to the canning process. To up your omega-3 intake, choose fresh salmon, mackerel or sardines (these types of fish still maintain their omega-3s with canning). Prawns, too, are a good high-protein choice.

✢ A hard-boiled **egg** is a great addition, being high in protein as well as vitamins A and D.

✢ For a vegetarian choice, think **pulses**. Chickpeas, cannellini beans and lentils are great for the storecupboard. Pre-cooked lentils in pouches taste better than the canned variety, but if you use the canned ones, be sure to rinse them before using.

PHOTOGRAPH MYLES NEW PROP STYLING SUE ROWLANDS

Viners vintage-style "Love Story" cutlery

Just £99.99 – SAVE £100!

✢ 58 pieces in a presentation canteen
✢ 25-year guarantee

From 1957 to 1969, silversmith Gerald Benney was consultant designer to Viners. The original "Love Story" was one of his creations, and due to popular demand, Viners has recreated it with a modern twist. The chic, vintage design features a delicate floral pattern at the neck of each piece. It's made from high-quality 18/10 mirror-polished stainless steel, is dishwasher safe and is guaranteed for 25 years.

✢ **The 58-piece set is presented in a wood-effect presentation canteen and comprises eight each of the following: dinner knives, dinner forks, dessert knives, dessert forks, dessertspoons, soup spoons and teaspoons, plus two serving spoons.**

✢ **Viners "Love Story" canteen set, £99.99 (RRP £200)**

VINERS

✢ 2 great offers! Shop online today

Le Creuset Classic teapot and mugs set

From only £39.99 – SAVE UP TO £14!

✢ 6 colour options
✢ 5-year guarantee

Le Creuset, the leading manufacturer of enamelled cast-iron cookware for 85 years, is now serving you your favourite cup of tea with its classic teapot and mug set.

Brewing the perfect cup of tea at any time of the day, the pot has a large, easy-grip handle that remains cold to the touch, making lifting and pouring effortless. The steam hole, locking lid and anti-drip spout mean no spilling and mess. The teapot is fully enamelled and easy to clean, with a scratch-resistant surface. It's microwave, oven, freezer and dishwasher safe, and made of hard-wearing stoneware to resist staining, chipping and cracking. It features a 1.3-litre capacity and comes with a five-year guarantee.

✢ **Available in volcanic orange, graded blue, cerise, almond, teal and cassis, with either two or four matching mugs; the essential companion to enjoy your favourite drink. With an elegant, casual design, they also feature easy-grip handles.**

✢ **Classic teapot and two mugs, £39.99 (RRP £44, saving £4)**

✢ **Classic teapot and four mugs, £49.99 (RRP £64, saving £14)**

LE CREUSET

Visit womanandhome.com/shop to buy these and other offers

CLICK BROWSE & BUY womanandhome.com

Our favourite online and mail-order food suppliers

Sourcing good-quality food has never been easier, thanks to the Internet, and most of these suppliers are just a phone call away too

Meat, fish and poultry

+ **DONALD RUSSELL**
Great for top-notch beef and venison, welfare-kind fish and seafood.
01467-629666; donaldrussell.com

+ **FISH FOR THOUGHT**
Fresh fish from Cornwall, as well as a range of frozen and smoked fish.
01208-262202; martins-seafresh.co.uk

+ **THE FISH SOCIETY**
All freshly frozen, top-quality organic fish and seafood, including smoked fish.
01428-687768; thefishsociety.co.uk

+ **FORMAN & FIELD**
Excellent smoked salmon and other fish, plus all sorts of food goodies, from pies to liqueurs, cheese to patisserie.
(020) 8525 2352; formanandfield.com

+ **GRAIG FARM ORGANICS**
Graig Farm has won awards for its organic meat and poultry. It now offers groceries, baby foods and ready meals. The range is virtually all organic.
01686-627979; graigfarm.co.uk

Go online

+ **Do you have a favourite place to shop? Tell us about your local heroes and fab discoveries on our Food and Homes forum. Log on to womanandhome.com and click on Forums.**
+ **Find more suggestions on best buys and suppliers at womanandhome.com.**

+ **LANE FARM COUNTRY FOODS**
For fabulous, Freedom Food-standard pork, gammon, ham, bacon, sausages and salami. Owners Sue and Ian are happy to help with any cooking queries.
01379-384593; lanefarm.co.uk

+ **THE REAL MEAT COMPANY**
Animals are reared to the highest possible standard, and it shows in the eating quality, from beef to chicken and ham.
01985-840562; realmeat.co.uk

+ **THE WELL HUNG MEAT COMPANY**
Based in south Devon, this close-knit operation offers top-notch organic lamb, beef, pork and poultry.
0845-2303131; wellhungmeat.com

+ **WING OF ST MAWES**
Offers a seasonal selection of fabulous fish from sustainable sources, with great recipes to make the most of your haul.
01726-861666; thecornishfishmonger.co.uk

Organic vegetables and farmers' markets

+ **ABEL & COLE**
Award-winning one-stop shop for all things organic. Sign up for a weekly fruit and veg box to be delivered, filled with produce that's different every week.
0845-2626262; abelandcole.co.uk

+ **RIVERFORD ORGANIC**
Fantastic home-delivery service for fruit and vegetables, plus a great selection of meat, wine, fruit juices, dairy and eggs.
01803-762059; riverford.co.uk

+ **A LOT OF ORGANICS**
Handy search engine where you can find suppliers of all things organic, from fruit and vegetables to household and beauty products, clothes and shoes, plus a directory of websites selling ethical and Fairtrade products.
alotoforganics.co.uk

+ **FARMERS' MARKETS**
Will help you find a certified farmers' market from over 500 in the UK.
farmersmarkets.net

Cheese

+ **THE FINE CHEESE CO**
A great selection of British cheese and extras, including Devon clotted cream, pickles, crackers and mouthwatering chocolate truffles too.
01225-448748; finecheese.co.uk

+ **NEAL'S YARD DAIRY**
A British regional cheese specialist. Choose from Stinking Bishop and Gabriel, as well as Cheddar and Wensleydale.
(020) 7500 7575; nealsyarddairy.co.uk

+ **PAXTON & WHITFIELD**
For British and Continental cheeses, plus wines and fantastic gifts.
01451-823460; paxtonandwhitfield.co.uk

+ **THE TEDDINGTON CHEESE**
A huge selection of both British and Continental cheeses, with great hampers and fabulous cheese wedding cakes.
(020) 8977 6868; teddingtoncheese.co.uk

WIN a luxury food escape at Castello di Vicarello in Tuscany

To celebrate the launch of new cookbook *My Tuscan Kitchen*, we've teamed up with Italia Collection by Sardatur Holidays to offer you the chance to win a stay at Castello di Vicarello. Set in a 12th-century castle in Tuscany, with 360-degree views of the rolling countryside, it's the perfect luxury retreat for food lovers.

This 900-year-old castle has been transformed into a unique five-star hotel, with just seven suites, two ozone-treated pools and a stunning spa. Owner Aurora Baccheschi Berti has a passion for food that's reflected in the hotel's organic way of life – the retreat grows its own vegetables and produces award-winning wine and olive oil, and the kitchen offers home-cooked Tuscan meals using locally sourced, seasonal ingredients.

There are tailor-made cooking classes for guests in Vicarello's vaulted kitchen using recipes from *My Tuscan Kitchen*, Aurora's own book. Guests can learn how to create an entrée, first course, main course and dessert, as well as the art of making pasta, breads and focaccia. "I love cooking in my great kitchen in Vicarello," says Aurora. "For me, it's a magician's cave, with its vintage 1957 Triplex stove and two glorious ovens. It is here that we prepare most of our dishes and give cooking classes to our guests."

✢ **Rooms at Castello di Vicarello start at £330 B&B per night.**

My Tuscan Kitchen by Aurora Baccheschi Berti (Rizzoli, £22.50)

Castello di Vicarello is set in a castle built in the 12th century

The pretty courtyard

Dining with a view

Feel Good Food WIN a fabulous luxury food break

Luxury in the Chiesina suite

The hotel's vineyard

The prize

Enter for a chance to win a two-night stay, for two people on a B&B basis, at Castello di Vicarello. The prize, courtesy of Italia Collection by Sardatur Holidays, includes one private cooking class for two and return flights from London to Pisa.

✢ **To enter, and for full terms and conditions, visit womanandhome.com/competitions.**

Exclusive reader offer

Book three nights at Castello di Vicarello and receive a complimentary three-course dinner on one of the evenings.

✢ **Terms and conditions apply. For further details, call (020) 8940 8399 and quote "Feel Good Food offer".**

CLICK TO WIN womanandhome.com

To enter, visit womanandhome.com/competitions

Kitchen gadgets that save you time

Take some of the stress out of cooking with these clever and inspiring gadgets. They make food preparation effortless, leaving you with extra time to conjure up nutritious meals

CHOP CHOP These fun chopping boards are almost too good to use. Each one has sloped edges, so it's easily picked up, and is made from FSC beech. The wood has natural antibacterial properties, and with this selection of sizes you can chop herbs, vegetables or carve your Sunday roast easily. *Small board, £8.50; medium board, £11; large board, £20, from blisshome.co.uk*

THE MASTER BLENDER If you could have any kitchen gadget in the world that would help you to eat a really healthy diet, then it should be the Vitamix. It's more than just a blender, as it has a laser-cut blade that chops through the "cell walls" of fruit and vegetables, keeping the vital nutrients intact. It will juice, cook soup and freeze too – an all-in-one gadget. *Vitamix, £439, johnlewis.com*

GREAT BUYS

FRUITY PREPARATION When it comes to eating healthily, fruit is key. Make light work of preparing them with these fab tools. The bright colours will add zest to any kitchen. *Apple corer, £3.95; melon scoop, £5.95; zester, £5.95, all Kuhn Rikon. Visit kuhn rikon.co.uk to find your nearest stockist*

ALL IN A SPIN Once you have whizzed your salad leaves around in a Jamie Oliver salad spinner, you'll wonder how you ever lived without it. No more limp, soggy lettuce – just pop the lettuce leaves in the basket and set it spinning. You can also pop the whole unit in the fridge to keep your salad fresh. And it's great for drying out spinach, as well as all types of fresh herbs too. *Jamie Oliver salad spinner, £25, available from May, jamieoliver.com*

NO-FUSS PREP

EASY DOES IT Pineapple is tasty, nutritious – and a pain to prepare. But not any more. This clever slicer will handle the job effortlessly, peeling, coring and slicing the fresh fruit in just 30 seconds. *Pineapple slice, £10, Vacuvin. To find a stockist, call 01299-250480 or visit vacuvin.com*

ONE-STOP WOK Want a healthy stir-fry? Woks allow you to cook quickly at high temperatures, and that preserves the vitamins in your food as well as the taste. This professional-standard wok has it all, including a steaming insert, a rack for keeping food warm, and a glass lid for easy viewing. It's the perfect size for cooking a family meal. *The Wok Macao, £119, wmf.uk.com, or call 01895-816104 for your nearest stockist*

MINI BUT MIGHTY A mini food processor is a really handy piece of kitchen kit. This one by Dualit has two interchangeable bowls, so you can use both without having to wash up in between; a clever auto pulse, which allows food to be processed without being pulverised to goo; and eight tools for chopping, mixing and grating, as well as the Dualit "E-disc" for emulsifying liquids. *Dualit XL900 Food Processor, £184, dualit.com*

Feel Good Food loves

PACK UP YOUR LUNCH When it comes to healthy lunches, sandwiches aren't very inspiring! That's where the bento box comes into play. It has a watertight lid, so can be carried in a handbag with no fear of spillages, and it's the perfect size for rice, pasta or salads. It also has a sauce pot for any dressings, and a handy separator down the middle to increase your menu options. *Bento Box, £13.99, strawberryfool.co.uk*

SMOOTHIES ON THE GO! Why pay a small fortune for your morning smoothie when you can whizz one up easily with the Kenwood smoothie maker? This clever gadget comes with two travel mugs, complete with lids. You simply put the ingredients into the mug, attach the blender, flip it over and whizz it up, then just pop on the lid and go off to work with your five-a-day in a cup. *Kenwood Smoothie 2Go, £29.50, marksandspencer.com*

HANDY BUY

MEASURING MADE EASY Just when you thought they couldn't come up with anything new in the measuring jug department, they come up with this clever idea – a two-in-one jug that has two compartments, one at each end. The larger size measures up to 550ml, but it's the smaller side, which can measure as small as a single teaspoon, that we love. *2-in-1 Measuring Jug, £8.50, josephjoseph.com*

FAT-FREE MEALS

FULL STEAM AHEAD Silicone kitchen gadgets are everywhere, but few are as healthy as this steamer. It looks like a hard plastic case, but is in fact soft and flexible. You can add fish, vegetables, fruit, or whatever you would like to steam, and place the whole thing either in the oven or the microwave. It's easy to use, creates healthy meals in no time and is a doddle to clean afterwards. *Lékué Luki Steam Case, £39.99, amazon.co.uk*

EFFORTLESS GRATING Once you try one of these graters, you'll never use a stand-up one again. Food skims effortlessly along the blade, cutting as it goes with no force needed, yet your fingers are kept away from the blades. There are 12 graters available to glide through anything from Parmesan and Cheddar to nutmeg and lemon rind. *Cuisipro graters, from £11.99, phassocs.co.uk, or call 0151-6512265 for stockists*

WORDS EMMA MORTON-TURNER

CUTTING EDGE Stellar knives have had a makeover. The full-tang blades are the same, but the handle is now made of an anti-slip stainless steel in an ergonomic shape, which is effective even when it's wet. Perfect for chopping, slicing and dicing veg, and will go through meat like it's butter! There is a choice of 11 knives, which are all dishwasher safe and come with a lifetime guarantee. *From £9.75 for a paring knife, stellarcookware.co.uk*

SPICE UP YOUR LIFE
Herbs and spices add great flavour to food without extra calories, so it's a good idea to have them where you can see them. This clever organiser holds up to 20 spice jars, and the most commonly used ones can be placed on a turntable at the front. *OXO Rotating Spice Organizer, £15.32, oxo.com*

Smart idea
Buy whole spices, which last longer than ready-ground ones, and grind them when you need them

PERFECT BREW This ingenious device will brew loose tea with just the flick of a switch. It's basically a kettle with a tea infuser that raises and lowers into the water to make the healthiest of teas. It has four settings, and the clear jug means you can see when it's the perfect strength. Its keep-warm function means you can keep going back for another cuppa, and it can be used as a regular kettle too. *Breville PuraTea, £79.99, argos.co.uk*

CHOOSE THE BEST

3 of the best non-stick pans

When it comes to cooking with less oil, your pans need to have a really good-quality non-stick coating. Here are a few of our favourites.

ECO CHOICE

DOUBLY GOOD For energy and space saving, this duet of pans is just the thing. Each one is the shape of half a regular pan, so they both fit on one heat source, and the lids are close fitting, so the goodness is retained during cooking. The set is suitable for electric, halogen, ceramic and some gas hobs, and will make cooking for dinner parties a doddle. *Prestige Duet Pan, £40.99, lakeland.co.uk*

ENERGY SAVER This is one of the most energy efficient non-stick pans we've come across. Its Thermolon coating doesn't release chemicals into the atmosphere when it's manufactured, unlike most non-stick pans. The coating uses a lower temperature to cook food, so is better for the environment all round. *From £32 for a 24cm frying pan, green-pan.co.uk*

CLEVER STORAGE The pans in this clever four-piece set all fit inside one another and, as they all use the same removable handle, they can be stored really easily. They also come with two plastic lids so you can store leftovers effortlessly. They are brilliantly non-stick and can be used in the oven, fridge or freezer. *Nesting pan set, £89.99, lakeland.co.uk*

Get set to dine

Spring is here and there's no better time to invite family and friends over for lunch or dinner. Set your table to get the perfect mood with these simple, pretty ideas

In full bloom

When it comes to Easter, nothing beats a table setting of tiny flowers in an egg cup. It's inexpensive and so easy to achieve, yet gives your table the five-star treatment. Add a place name card around the neck, tied on with pretty pink ribbon. You can even match the place settings with a table centre created using a cake stand and flowers displayed in glasses. A little greenery goes a long way at this time of year, so keep the leaves attached to a few stems. Opt for seasonal blooms: tulips, hydrangeas or beautifully fragranced hyacinths.

Spring inspiration

If there's one time of year to get out the gingham and stripes in pretty girly colours, it's now. Go for tablecloths, napkins or runners to bring your table settings to life and give your dining room a fresh, new look. Add seasonal spring flowers and even the plainest of white china will be bang on trend. *For a really simple napkin ring, use a feather butterfly, available from vvrouleaux.com, £2.77 each. Each one has a little piece of wire at the back for easy positioning. They'll add some colour and finish off the look perfectly.*

Runners can give a fresh look to any table setting. Why not run a few widthways, or use pretty gift-wrapping paper or wallpaper? It's simple and inexpensive, but will look great

Sit back and dine

Give your dining room a lazy afternoon lunch feel by sticking to beautiful ice-cream shades of blues, greens and pinks. Keep the china white, and add subtly detailed linens.

Lisa Stickley has a great range of tablecloths and napkins that work perfectly for the spring season. Check out her newest daisy and rose designs at lisastickleylondon.com. Add a vase of beautifully scented flowers and throw open the doors to let the fresh air flow through the room.

Whatever the occasion, spring flowers will complete the look of any table, whether you stick to one bloom, such as a vase bursting with daffodils, or a whole host of tulips, hyacinths, chrysanthemums and narcissi, all displayed together

Make every day special

Why keep your favourite glasses tucked away in a kitchen cupboard or dresser waiting for the right occasion – just in case they get broken? Take them out and enjoy them every day! There's nothing like using your treasured china and glassware to turn every meal into something special. Coloured glasses are especially lovely for a family gathering when the sun is shining. They will lift any table.

Visit grahamandgreen.co.uk for coloured glasses with beautiful etched blossom designs. Denby.co.uk also has a pretty purple lustre design.

Understated style

For a more formal dinner table, layering is key, whether it's with the china, glassware, cutlery or linens. Here, the table is set with a simple sheer fabric used as a tablecloth, to give an extra-luxurious look. Each setting is then completed with beaded placemats and pretty napkins to the side.

The runner along the centre guides the stunning English garden roses, available from davidaustinroses.com, along the table. They are placed in plain tumblers so that they're low enough not to disturb the conversation during the meal. Simple, yet very effective.

Cool blue

A classic blue-and-white scheme is easy to achieve and looks so stunning and chic. It's perfect for both lunchtime gatherings and evening meals, and has a touch of a summer holiday about it. Start with the white tablecloth and just keep adding white elements until you want to add the blue. The key to getting this look right is balance. The overall look should be white and the blue should come through in the plates and glasses. White vases full of flowers from the garden will complete the look perfectly.

WORDS EMMA MORTON-TURNER

LOG ON, BE INSPIRED
womanandhome.com

Find delicious recipes, menus, tips, buys and much more for foodies online

SUPPER TONIGHT?

Find your perfect pasta dish – we've 100+ delicious recipes to choose from!

FAST RECIPES

✢ EAT WELL all week

✢ **EVERYDAY INSPIRATION**
Check our daily recipes for new ways with chicken, fish & more!

✢ **EASY ENTERTAINING**
From stylish evenings with friends to relaxed weekend family get-togethers – find your ideal menu right here

FAST RECIPE SEARCH
Takes seconds to find the ideas that are right for you

NETWORKING

Have fun at your local Supper Club

Make new friends, enjoy great food, share your recipes and cooking tips... and a glass of wine or two! Sign up at womanandhome.com/yournetwork

JOIN THE CHAT!
Comment on the latest foodie issues, news and views at womanandhome.com/truefoodie

SHOP & SAVE

ED'S CHOICE for spring 2011

✢ CLICK and save

From stylish cutlery to top-of-the-range cookware, there are bargains galore in our online shop. You'll find professional quality at affordable prices. Go to womanandhome.com/shop

W&H DIET CLUB

Lose weight the easy way

Join now at womanandhomediet.com

✢ You create an online diary, we work out how many calories you need each day to lose weight – and keep track for you

✢ Check the calorie and fat content of your homemade dishes – plus more than 40,000 ready meals!

CLICK AND JOIN IN

VIP*

*Very important producers

At Feel Good Food, we think it's important to support growers who care about ethical and sustainable practices. Here, we meet three such producers who keep their standards high

From field to bowl

BILL JORDAN, JORDANS CEREALS

Growing up at the family flour mill in the heart of the Bedfordshire countryside was the root of Bill Jordan's interest in food, farming and nature. While spending time in California in the late 60s, Bill encountered the fledgling wholefoods movement for the first time and was left with a deep impression of the important role wholegrain cereals play as part of a healthy and balanced diet.

On his return to the UK, Bill and his brother David founded Jordans, making natural and organic wholegrain, oat-based cereals from the back of the family flour mill. In 1981, Jordans launched the first cereal bar in the UK – the Original Crunchy, which is still on sale today.

Conservation Grade cereals are in all Jordans products. Bill helped to establish this "nature friendly" assurance in 1985, as an ethical and sustainable way to provide the cereals needed without damaging the environment. Their newest product is Creations, chewy cereal bars in two flavours: Juicy Cranberry & Golden Honey and Baked Apple & A Hint Of Cinnamon.

Bill adds: "I first tried granola when I was a drummer in a band in California back in the late 60s. It was a real eureka moment for me and I knew I had to bring it back to the UK. I'm really excited that we're still coming up with magnificent ways of capturing nature's greatest assets."
Visit jordanscereals.co.uk for more info.

Yogurt with a difference

SUE AND CRISPIN TWEDDELL, WOODLANDS DAIRY, DORSET

Woodlands Dairy in Dorset is a specialist producer of award-winning sheep's yogurt and is the leading brand in the UK. It is family owned by Sue and Crispin Tweddell, and uses traditional yogurt-making techniques.

Sheep's yogurt has many health benefits, including helping to reduce cholesterol. It also has more protein and calcium than cows' yogurt. Sue and Crispin keep the process simple. Yogurt culture, rich in probiotic goodness, is added to the milk, which has been heated and pasteurised. Then traditional "hot-potting" is done, when the yogurts go into a warmer for a few hours until they're ready to be eaten – this ensures the proteins remain strong, offering maximum digestive goodness. The yogurts then set naturally in their pots. It is much easier for the body to digest than cows' milk yogurt, thanks to it being rich in polyunsaturated fats that help increase lactose absorption. *Woodlands Dairy sheep's yogurts are available in selected Waitrose, Sainsbury's and independent shops across the UK, and are priced around £2.20 for a 450g pot. Visit woodlandsdairy.co.uk for further information.*

Where pesto begins

AMATEIS BROTHERS, BASIL GROWERS

The Sacla' family business was founded by Secondo Ercole, back in 1939, with a dedication and passion for the production of fine food. Today, the family's credo remains the same, using only the finest and freshest ingredients to recreate traditional Italian recipes. Sacla' is dedicated to supporting local producers, one of which is the Amateis family, who grow much of the basil used in Sacla's pestos and pasta sauces.

The business is run by three brothers, Germano, Luciano and Pierangelo. For generations, the Amateis family has been working on their farm in Piemonte, growing not just fragrant basil, but an abundance of rocket, parsley and coriander, much of which they also supply to Sacla'. Today their business is very different to when it started, over 90 years ago, when their main source of revenue was from raising livestock and growing vegetables, with herbs grown for their own use. The move to a larger farm in 1965 meant they could grow larger quantities of herbs, and they started to supply Sacla' 20 years ago. The two families still work closely together, with a close bond built over many years.

Did you know?

Basil is a great source of antioxidants, which we need to protect our cells from damaging free radicals

SHOPPING DIRECTORY

SHOPPING DIRECTORY

KING'S

Purveyors of fine foods

Kings offer a range of bespoke hampers for gifts, or fine foods for the special event or occasion.

Orders can be placed at www.kingsfinefood.co.uk or by telephone on 0208 894 1111. For free delivery on all items over £25.00, please quote code "KINGSWOMAN-HOME"

Muffins and cookies for any occasion when you want to send a yummy message.

Order muffins and cookies online
www.messagemuffins.com
from £3.99 including delivery
Tel: 01305 849264

H.R.Higgins (Coffee-man) Ltd.

Coffee & Tea Gifts

www.hrhiggins.co.uk

Fox's Spices

Spices for Indonesian, Thai and Malaysian cuisine

We produce fabulous Indonesian and Oriental blends making the creation of authetic south east Asian dishes at home simple. We offer Indonesian bumbus which are 'one shot' spice pastes containing all of the spices necessary to create authentic Oriental dishes, sweet chilli dipping sauces, sambals which are the spicy chilli relishes for sates, stir-fries and rice dishes and much more. All available by mail order. Contact us for a catalogue.
Fox's Spices, Dept E, Masons Road, Stratford upon Avon, CV37 9NF Tel 01789 266420 sales@foxs-spices.com

health

rosemaryconley online.com

Lose weight Online and Spring into Shape!

"I dropped from a dress size 18 to a size 12 with the help of Rosemaryconleyonline," *says slimmer Kate (pictured)*

£10 OFF ALL Memberships*

rosemaryconley online.com

from as little as 19p per day

Free gifts when you join!
Portion Pots®, a Magic Measure® and our latest Magazine – **WORTH OVER £10!**

*Simply enter offer code **WOMAN** at the checkout and £10 will be deducted.

fashion

pistachio.
CONTEMPORARY JEWELLERY

Slip into summer! Fashionable & stylish contemporary silver jewellery.

Visit our online store at **www.pistachio-jewellery.co.uk**
or call
0845 458 0898

gifts

LittleCherry
eco-friendly party supplies

www.littlecherry.co.uk for gorgeous ethical party supplies!
We stock a great range of compostable plates, cups and cutlery to beat the washing up after your celebration.
Order online at www.littlecherry.co.uk or call 01784 470570 to have a chat about your order with someone nice.

The recipe list

MEAT AND POULTRY

FISH AND SHELLFISH

MEAT-FREE

DESSERTS AND BAKES

DRINKS

SAUCES AND DRESSINGS

Feel Good Food is published by woman&home, IPC Southbank Publishing Company Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU, telephone (020) 3148 5000. Distributed by Marketforce (UK) Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU, telephone (020) 3148 3300. Printed by Southernprint. Reproduction by Wyndeham Pre-Press Limited, a member of the Wyndeham Press Group. Covers printed by Wyndeham Impact. Prices quoted throughout are RRP, checked at time of going to press.